



DBH Cultural Event Newsletter

September is National Hispanic Heritage Month

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SEPTEMBER 2007

http://www.ccp.edu/eeoaa/2007Cal/sep_s.htm
<http://www.wheeloftheyear.com/2007/0907.htm>
<http://www.interfaithcalendar.org/index.htm>
<http://en.wikipedia.org/>
<http://www.dom.com/about/education/culture/sept.jsp>
<http://www.iassw.org/calendar.htm>
<http://www.healthfinder.gov/library/nho/nho.asp?year=2007#m9>
http://www.san-bernardino.org/to_do/annual_events.html
<http://www.holidaymart.com/2007/year2007.htm>
<http://www3.kumc.edu/diversity/september.html>
<http://www.r6.fws.gov/dcr/hispanichistory.htm>
http://www.kaahalehawaii.com/pages/art_gallery_kahili.htm
<http://www.rfpusa.org/links/sept07.html>
<http://1st-class.com/mexico/fies.htm>
<http://www.portalsanmiguel.com/things-to-do/festivals.html>
http://www.oup.com/pdf/online_products/straditions.pdf#search=Commemoration%20of%20the%20Death%20of%20the%20Child%20Heroes%20%26%20mexico
<http://allaboutsikhs.com/dates/nanakshahi.htm>
<http://www.kamat.org/kamat/holidays.asp>
<http://www.coyotesgame.com/NAevents.html>
<http://www.registrar.yorku.ca/importantdates/religiousdates.htm>
<http://www.brownielocks.com/september.html>
http://espanol.ucanr.org/Calendario/September_2007.htm
<http://www.enchantedlearning.com/activitycalendars/>
<http://www.lanl.gov/orgs/dvo/WOWCalendar/Foods.html>
<http://www.va.gov/dmeeo/calendar/index.htm>

Hispanic Heritage Month

2007 Theme: Hispanic Americans: Our Rich Culture
Contributing to America's Future

<http://www.factmonster.com/spot/hhm1.html>

Hispanic Heritage Month begins on Sept 15, the anniversary of independence for 5 Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, & Nicaragua. In addition, Mexico achieved independence on Sept 16, & Chile on Sept 18. The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the U.S. of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban, or "other Spanish/Hispanic/Latino." More than 35 million people identified themselves as [Hispanic or Latino](#) on the 2000 Census.

http://www3.kumc.edu/diversity/ethnic_relig/hispanic.html

National Hispanic Heritage Month is a national observance authorized by Public Law 100-402, which states:

The President is hereby authorized and requested to issue annually a proclamation designating the 31-day period beginning September 15 and ending on October 15 as "National Hispanic Heritage Month" and calling upon the people of the United States, especially the educational community, to observe such month with appropriate ceremonies and activities.

The observation was initiated in 1968 as [National Hispanic Heritage Week](#) but was expanded in 1988 to include the entire 31-day period.

Notable Hispanic Americans

<http://www.factmonster.com/spot/hhmbioaz.html>

Portals to the World: Iberia, the Caribbean, & Latin America

<http://www.loc.gov/rr/international/hispanic/countries/countries.html>

<http://www.teachervision.fen.com/lesson-plans/lesson-6629.html>

<http://www.somosprimos.com/heritage.htm>

<http://www.somosprimos.com/>

<http://www.noblenet.org/year/hispanic.html>

The National Register of Historic Places is pleased to help foster the general public's awareness, understanding, & appreciation for Hispanic culture during National Hispanic Heritage Month. As part of the celebration, **this site highlights** various [publications](#), [properties listed in the National Register](#), & [National Parks](#) that deal directly with the ingenuity, creativity, cultural, & political experiences of Hispanic Americans. Join the National Register of Historic Places in recognizing & exploring the achievements of a people that have contributed so much to American culture.

<http://www.cr.nps.gov/nr/feature/hispanic/>

Education World offers a piñata full of activities that will help teachers focus attention on the contributions of people of Hispanic heritage to the history of the U.S.

http://www.education-world.com/a_lesson/lesson023.shtml

Education World offers a dozen lessons to help students learn about the cultures & contributions of people of Hispanic heritage. Included: Activities that involve students in creating glossaries, reading & writing folktales, growing foods popular in Hispanic cultures, & much more!

http://www.educationworld.com/a_lesson/lesson203.shtml



The Latino Virtual Gallery creates online exhibits on Latino/a contributions to America's history, arts, & culture from a Latino/a perspective. Many of the materials are bilingual.

http://smithsonianeducation.org/educators/resource_library/hispanic_resources.html

The HEPM was established to focus specific attention on the needs of Hispanic Americans in all areas of federal employment. Here you will find information about Hispanic culture, activities, employment, recruitment, speakers & other helpful information.

<http://www.hepm.org/>

Hispanic Employment Program
<http://oeop.larc.nasa.gov/hep/hep-links.html>

These bookmarks will provide background information for parents, teachers & some secondary students.

<http://www.mcps.k12.md.us/curriculum/socialstd/Hispanic.html>

<http://www.teachervision.fen.com/hispanic-heritage-month/south-america/6629.html>

Hispanic Firsts
<http://library.ohio-state.edu/search/o?SEARCH=36629979>

Additional reading about Hispanics.

Gann, L. H. & Duignan, P. J. (1986). The Hispanics in the United States. Boulder, CO: Westview Press.

Gann and Duignan focus mainly on the history, politics, & culture of Hispanics in the U.S. since the 18th century.

They also examine issues such as immigration, bilingual education, & affirmative action and concludes that "immigration is a positive experience for both the newcomers & the local communities into which they settle."

Galens, J. Sheets, A. J., & Young, R. V. (1995). Gale encyclopedia of multicultural America. Detroit: Gale Research, Inc.

This 2 volume set includes lengthy essays describing Hispanics of several national origins, including Cuba, Mexico, & Puerto Rico. The main focus of the essays is on the "group's experience in the U.S., specifically in the areas of acculturation and assimilation, family & community dynamics, language, religion, employment & economic traditions, politics & government, & significant contributions."

Hispanic: Arts & Culture

- ArtNexus - Biligual magazine on Latin American & Hispanic art
<http://www.artnexus.com/index2.html>

Hispanic: Associations & Organizations

- Hispanic Assciaton for Cultural Enrichment at Rice <http://www.ruf.rice.edu/~hacer/>
- Hispanic Corporate Achievers
<http://www.hispanicachievers.com/>
- HBA - Hispanic Bar Association of D.C.
<http://www.hbadc.org/index.html>
- HACR - Hispanic Association for Corporate Responsibility <http://www.hacr.org/>
- HBWA - Hispanic Business Women's Alliance
<http://www.hbwa.net/>
- The National Council of La Raza
<http://www.nclr.org/section/about/>

Hispanic: Military

- Hispanic Medal of Honor Recipients
<http://www.neta.com/~1stbooks/medal2.htm>
- U.S. Latinos & Latinas & World War II
<http://www.lib.utexas.edu/exhibits/ww2latinos/>
- The 65th Regiment, Pride of Puerto Rico - organized in 1899
http://www.defenselink.mil/news/Oct1999/n10291999_9910291.html
- Hispanic Contributions - World & US History
<http://www.neta.com/%7E1stbooks/gov.htm>
- Hispanic America USA
<http://www.neta.com/~1stbooks/>

Hispanic: Web Sites

- Azteca Web <http://www.azteca.net/aztec/>
- Directorio Latino <http://www.dclatino.com/>
- Español.com - Spanish books, CDs, videos, etc.
<http://www.espanol.com/>

- Hispanic.Com - information, services, & technology access <http://www.hispanic.com/>
- Hispanic WebMasters- The Who's Who in the Hispanic Web <http://coloquio.com/who.html>
- US Hispanic Chamber of Commerce <http://www.ushcc.com/>

Hispanic: Others

- 75 Best Companies for Hispanics <http://www.hispaniconline.com/>
- Careers for Latinos <http://www.careersforlatinos.com/>
- Greater Denver Hispanic <http://www.denverhispanic.com/>
- Latino Career/Job Bank <http://www.denverhispanic.com/>
- miAvenida.com - Hispanic-owned businesses directory <http://www.miavenida.com/>
- Santo Domingo On-line <http://www.sdq.com/>
- Other Hispanic Links <http://www.verbacom.com/hlinks.html>

International Mariachi & Charro Festival: Guadalajara, Jalisco, Mexico. AUG 30th – SEPT 9th. The best mariachis in the world perform in the mariachi capital of the world. This festival, which began in 1903, is in the native land of mariachi music; in fact its roots date back in this area to pre-Columbian times. Besides the wonderful music, they also hold conferences & learning events so you can understand the history & culture behind what you are hearing. And if that is not enough, there is also the pageantry of the charros. Way beyond your average cowboys, these men & women perform amazing feats on horseback, & the festival also includes the traditional charro horse races. Instead on a track, 2 horses race against each other over a predetermined length in a perfectly straight line. Spectators are allowed to get within feet of these races, truly a thrilling experience. For more information: www.mariachi-jalisco.com.mx

Lakon, a basket dance, & Maraw: Hopi. These are the 1st of the women's societies dances. These celebrate the completion & the harvesting of the crops, & are also curative. <http://www.ausbcomp.com/redman/hopi.htm>

Sunrise Dance: Apache. This is an ancient rite of passage for 14-year old girls & lasts 4 days. After a girl's first menstruation, the girl is massaged & prayed for by an elder female relative. Then, the girl's family decides which ceremony will be sponsored, which medicine man to choose, & whom to ask to be her godparents & cosponsors of the ceremony.

<http://www.webwinds.com/yupanqui/apachesunrise.htm>
<http://www.peabody.harvard.edu/maria/Sunrisedance.html>

Healthy Aging Month. National attention on the positive aspects of growing older. <http://www.healthying.net/>

Sea Otter Awareness Week 9/23/2007 - 9/29/2007
http://www.defenders.org/take_action/community_activism/index.php

This annual week-long event highlights the integral role that sea otters play in the nearshore marine ecosystem as well as the importance of respecting biological diversity. Events are located throughout the world to educate the public about sea otters, the threats to sea otter recovery, and what can be done to save this playful and popular animal. Find Sea Otter Awareness Week Celebrated At:
[Aquarium of the Pacific](http://www.aquariumofpacific.org/), Long Beach, CA. SEPT 23rd-29th
[Coyote Point Museum](http://www.coyotepmuseum.org), San Mateo, CA. SEPT 23rd-29th
[Monterey Bay Aquarium](http://www.mbayaq.org/cr/sorac.asp), Monterey, CA. SEPT 22nd – 23rd
[Morro Bay National Estuary Program](http://www.mbnep.org/index.php), Morro Bay, CA. SEPT 23rd-29th
[Oregon Coast Aquarium](http://www.aquarium.org/), Newport, OR. SEPT 23rd-29th
[Point Defiance Zoo & Aquarium](http://www.pdza.org/), Tacoma, WA. SEPT 22nd
[Seattle Aquarium](http://www.seattleaquarium.org), Seattle, WA. SEPT 23rd-29th
[SeaWorld San Diego](http://www.seattleaquarium.org), San Diego, CA. SEPT 23rd-29th
[Seymour Marine Discovery Center](http://seaworldsandiego.com/SWC/general_page2.aspx), Santa Cruz, CA. SEPT 23rd-29th
[Ty Warner Sea Center](http://www2.ucsc.edu/seymourcenter/index.html), Santa Barbara, CA. SEPT 23rd-29th
<http://www.sbnature.org/seacenter/index.php>

2007 Aloha Festivals

dates: [Big Island of Hawaii:](http://www.bigislandhawaii.com)

AUG 21 - SEPT 30

[Kauai:](http://www.kauai.com) SEPT 6 - OCT 19

[Lanai:](http://www.lanai.com) AUG 25 - SEPT 22

[Molokai:](http://www.molokai.com) OCT 4 - OCT 6

[Maui:](http://www.mauicom.com) OCT 6 - OCT 14

[Oahu:](http://www.oahu.com) AUG 24 - SEPT 28

The stated mission of the Aloha Festivals is to

"preserve and perpetuate Hawaiian culture and to celebrate the diverse customs and Aloha Spirit of Hawaii." The 1st Aloha Festivals took place in 1946, when a group of Jaycees staged a grassroots cultural celebration reminiscent of the Makahiki season of ancient Hawaii. The group wanted to honor Hawaii's special heritage & celebrate the aloha spirit that the Islands are widely known for. The initial festival—it was called "Aloha Week" at the time—included a parade, pageants, hula shows & services at Kawaiahao Church in Honolulu. Expanded to the Aloha Festivals in 1991, the event now encompasses some 300 events on 6 islands spanning a 2-month period. Nearly 30,000 volunteers work together to stage the various events, which are attended by nearly a million people each year. Each island has its own celebration. Each island chooses a king, queen, prince, princess & attendants, all of whom are of Hawaiian descent. The investiture of each island's ali'i (Ali'i refers to the hereditary chiefly or noble rank (class, caste) in traditional Hawaiian society. The ali'i




were the highest class, ranking above both kahuna (priests) & maka'ainana (commoners). *Chief* is the most conventional translation of the term, although "lord" & "lady" are also in use. The ali'i class consisted of the high & lesser chiefs of the various realms in the islands. They governed with divine power called *mana*.) is a wonderfully colorful affair, accompanied by conch shell blowers, kahili (*Kahili* (kah-HEE-lee) are feathered standards used from ancient times by Hawaiian royalty. Similarly to how the nobility of Europe use banners with coats of arms, Hawaiian nobility use *kahili* to show status, lineage, & family ties.) bearers, ladies-in-waiting & others.

http://gohawaii.about.com/od/festivals/a/aloha_festivals_2.htm

<http://www.aloha-hawaii.com/dining/aloha+festivals/>

<http://alohafestivals.com/v3/index.jsp>

Classical Music Month.

 **Organic Harvest Month.** A celebration sponsored by the Organic Trade Association (OTA) to focus attention on the benefits of North American organic agriculture & its practices & to encourage consumers to choose organic products. Also provides retailers with an opportunity to educate the public on what organic stands for & what it provides.

<http://www.organicconsumers.org/Organic/organicmonth.cfm>

Organic Harvest Month Calendar:

<http://www.ota.com/news/ohmcalendar.html>

Ovarian Cancer Awareness Month

The National Ovarian Cancer Coalition; 500 NE Spanish River Boulevard, Suite 8; Boca Raton, FL 33431. (888)

OVARIAN. (561) 393-0005 www.ovarian.org

National Alcohol & Drug Addiction Recovery Month

www.recoverymonth.gov


Prostate Cancer Awareness Month.

www.fightprostatecancer.org

Suicide Prevention Week: 9th-15th, 2007.

<http://www.suicidology.org/>


September 1

 **Cherokee National Day: Native American.** The Cherokee National Holiday has been held since 1953 in commemoration of the signing of the 1839 Cherokee Constitution. It has grown into one of the largest events in Oklahoma, attracting more than 70,000 people from across the world. Cherokee Communities "[Common Values](#) [Common Ground](#)" is the theme of the 55th Cherokee National Holiday, which is expected to bring more than 100,000 visitors and Cherokees to Tahlequah this Labor Day weekend. FOR MORE INFORMATION: holiday@cherokee.org CHEROKEE NATIONAL HOLIDAY, P.O. BOX 948, TAHLEQUAH, OK 74465 (918) 453-5000.

<http://www.cherokee.org/extras/holiday/55/>


 **Santa-Cali-Gon Days Festival: Independence, Missouri. AUG 31st-SEPT 3rd.**


<http://www.santacaligon.com/>


 **Braemar Highland Gathering: Scotland.** Always held on the 1st Saturday in September. Origins are believed to have been in the 11th Century, when King Malcolm

Canmore (King Malcolm the Great Chief) visited Braemar. We know for certain that it was customary since medieval days for Clan Chiefs to gather their followers together in the autumn, when the deer were fat, for a hunt lasting for several days. During that time there would be competitions to select the strongest, the fleetest, & the most skilful warriors. Hundreds of tinchel (beaters) would be employed, & the deer killed by dirks or deerhounds.


http://www.braemarScotland.co.uk/highland_gathering/

 **Emma M. Nutt** began work as the 1st female telephone operator in 1878.

 **Firsrt Parkash: Sikh.** Commemorates the installation of the Adi Granth, The Sikh Scriptures 1st edition, in the Golden Temple by the 5th Guru, Arjan Dev, in 1604 CE.


 **Mindfulness Day: Zen Buddhist.** Day for being mindful that harm to the Earth & sentient beings results from ignorance of interdependence.

September 2


 **Liliuokalani (1838–1917): Hawaiian.** Monarch. The last sovereign of Hawaii, Liliuokalani succeeded to the throne after her brother's death in 1891. The growing influence of American missionaries & sugar planters had led to a weakening of the monarchy, & she attempted to reassert the royal authority in government & the economy. When she tried to proclaim a new constitution in 1893, a group of residents, mostly Americans or descendants of Americans, set up a provisional government, declared the monarchy abolished, & applied for annexation to the U.S. After a delay of several years, while Liliuokalani tried to build support for her restoration, the islands were annexed in 1898. <http://www.aloha-hawaii.com/hawaii/queen+liliuokalani/>





<http://en.wikipedia.org/wiki/Liliuokalani>

 **James Forten (1766-1842): African-American,** he worked in the American Revolutionary Navy, later became an abolitionist & businessman.

http://en.wikipedia.org/wiki/James_Forten

 **Independence Day: Vietnam.** This marks the day in 1945 of the surrender of Japan, ending World War II, and the creation of the Democratic Republic of Vietnam.

 **K.C. Renaissance Festival: Bonner Springs, Kansas. Sept 1 - Oct 14.** <http://www.kcrenfest.com/>

 **San Estevan Feast Day & Harvest Dance: St. Estevan Mission, Sky City, Acoma Pueblo.** For information: (505) 252-1139 or (800) 747-0181.


<http://www.miaclab.org/communities/index.html>

<http://www.coyotesgame.com/NAevents.html>

<http://www.collectorsguide.com/nm/nmfa03.html>

<http://users.stlcc.edu/cmittler/faces/dancecal.html>

 **Father's Day: Australia, New Zealand.**

 **Old Egyptian Opet Festival, honoring Neteru Amen-Ra-Atem & Amenet-Rait-Mut.** 9/2 to 9/12. The pharaoh went to the Luxor Temple at Thebes in order to have his authority to rule recognized.

September 3

🌱 **Prudence Crandall (1803-1890): American.** Teacher, educator, established a school for African-American female youth in the 1830s.

http://en.wikipedia.org/wiki/Prudence_Crandall

🌱 **Frederick Douglass (1817-95)** successfully escaped from slavery on this date in 1838 & became a leader in the struggle. http://en.wikipedia.org/wiki/Frederick_Douglass
<http://www.history.rochester.edu/class/douglass/home.html>

🌱 **National Unity Day: Chile.** This has replaced the former holiday commemorating the military coup on September 11, 1973 that toppled Salvador Allende & brought dictator Augusto Pinochet to power. Starting in 1999, Chile has instead observed National Unity Day on the 1st Monday in September.

🌱 **Annual Navajo Nation Fair & Rodeo: Arizona. 61st Anniversary: “A Time for Reflection and Renewal”. Sept 3rd – 9th, 2007.** The Navajo Nation Fair was started in 1946 to stimulate livestock improvements & management, with exhibits for the Navajo people to sell their arts & crafts. The Navajo Nation Fair has become an event that showcases’ Navajo rodeo, foods, agriculture, arts & crafts, with the promotion & preservation of the Navajo heritage through cultural entertainment.

The Navajo Nation Fair is the biggest Indian fair & rodeo in the United States, with about 60,000 Navajo fair visitors each year. There are a total of 26 events that span over a week during the Navajo Nation Fair & Rodeo. They are: All-Indian Rodeo, Senior Rodeo, Junior Rodeo, Exceptional Rodeo, Navajo Nation Fair Contest Pow-Wow, Miss Navajo Nation Pageant, Night Performance, Navajo Song & Dance, Wild Horse Race, Arts & Crafts Exhibits, Tradeshow Exhibits, 4-H Competition, Horticulture Exhibits, Navajo Food Pavilion, Free Barbecue, Ashkii Happy Kid’s Day, Golf Tournament, 5K Run, Basketball Tournament, Parade, Concert – this year: She-DAISY, Carnival Midway, Fry Bread Contest, Baby Contest, Horseshoe Tournament, & Dances.

Mailng Address: Navajo Nation Fair Office; P.O. Box 2370; Window Rock, Arizona 86515. PH#: 928.871.6478 FAX: 928.871.6637

<http://www.navajonationfair.com/index.htm>

<http://www.navajonationcouncil.org/>

🌱 **Janmashtami (john-mâsh-tommy) (Birth of Lord Krishna) AKA-Sri Krishna Jayanti: Hindu.** This is one of the great Hindu night festivals. Worshippers fast & go to temples to see dance dramas enacting scenes from the life of Lord Krishna, one of the incarnations of Vishnu & one of the most popular deities in Hinduism.

Recognizing the

Festival/Holiday: Keep in mind that Hindus neither eat meat nor drink alcoholic beverages. “God bless you with prosperity and



happiness” or “I wish you happiness and prosperity” are appropriate greetings for all Hindu holidays.

FOOD AND DRINK: Stories about the life of Lord Krishna describe him as a handsome & popular herdsman. Often he is depicted with cows or playing with the pretty milkmaids called gopis. In India, cows, green pastures, & lots of milk and cream are symbols of plenty. Many Indian festivities are celebrated by eating sweets, often made from milk. These are especially appropriate at Janmashtami because cows & milk are so strongly associated with Lord Krishna. These milk-based sweets are generally professionally made because the milk must be reduced very slowly until it is like fudge or even granular.

<http://www.krishnajanmashtami.com/>

<http://www.mangalore.com/festivals/srikrishnajayanti.html>

🌱 **Labor Day: Canada, United States.** This day is celebrated as a public holiday in the United States & Canada to honor all working people. In most other countries, this celebration occurs on May 1. Designed to honor workers, this day is the unofficial end of summer. Relaxed picnics & barbecues signal a final day of leisure before resuming serious work after the slower pace of summer. Barbecued meats (pork, chicken, steak), salads, & potato chips like those served on Memorial Day & July 4 are typical.

<http://www3.kumc.edu/diversity/national/laborday.html>

🌱 **Day gender discrimination was outlawed world-wide (1981);** day to mourn all manifestations of sexism.

September 4

🌱 **Lewis H. Latimer (1848–1928): African American.** Inventor. In 1882, Latimer patented the 1st electric light bulb with a carbon filament. An employee of the Edison Company, Latimer also wrote the 1st textbook on the Edison electric system & supervised the installation of electric lights in Philadelphia & New York City.

🌱 **Richard Wright (1908–1960): African American.** Writer. The most widely read African American writer of the early 20th century, Wright was the author of powerful novels, the best known of which is *Native Son* (1940), & volumes of short stories & essays. His work exposed the brutal realities of racism in both the Deep South, where he was born, & the urban North, where he spent much of his adult life.

September 5

🌱 **Tashunka Witko (Crazy Horse) (c. 1842–1877): American Indian (Oglala Sioux).** Military leader.

Tashunka Witko, an Oglala Sioux chief, was one of the leaders of the Sioux & Cheyenne in the war of 1876. In June of that year he defeated U.S. army forces at Rosebud & 8 days later at Little Bighorn. He voluntarily surrendered to American troops in 1877. On this date in that year, he was shot to death by a soldier as he was being put into a jail cell.

September 6

🎨**Christy Brown (1932–1981): Irish.** Writer. Born with cerebral palsy, Christy Brown was unable to move any part of his body except his left foot. With the help of his mother, who also raised 12 other children, he learned to read, to paint holding the brush with the toes of his left foot, & to write by typing with his little toe. His 1st book, *My Left Foot*, was published in 1954. His autobiographical novel, *Down All the Days*, written in 1970, was translated into 14 languages. (death)

🎨**Marie E. Zakrzewska (1820–1902): Polish American.** Physician who founded hospitals for women & children as well as the 1st American school for nurses & was known as the "Mother of the Playground Movement" for her efforts in establishing playgrounds. She was also active in the causes of women's rights & the abolition of slavery.

🎨**Jane Addams (1860-1935): American.** Worker for peace, social welfare, & women's rights, founded Hull House in Chicago, co-winner of 1931 Nobel Prize.

http://en.wikipedia.org/wiki/Jane_Addams

🎨**Defense of Pakistan Day: Pakistan.** Public holiday

🎨**38th Annual United Tribes International Powwow - September 6-9, 2007.** The Powwow is held annually in the Lone Star Arena at United Tribes Technical College in Bismarck, North Dakota & has become one of the premier cultural events of North Dakota, receiving numerous awards over the years. Representing over 70 tribes, featuring over 1500 dancers and drummers, and drawing over 20,000 spectators

http://espanol.ucanr.org/Calendario/September_2007.htm

September 7

🎨**Anna Mary Robertson Moses (Grandma Moses)**

(1860-1961): American. Was a renowned American folk artist. She began painting in her 70s after abandoning a career in embroidery because of arthritis. Grandma Moses painted mostly scenes of rural life. Some of her many paintings were used on the covers of Hallmark cards. President Harry S. Truman presented her with the Women's National Press Club Award for outstanding accomplishment in art in 1949. In 1951, she appeared on *See It Now*, a television program hosted by Edward R. Murrow. "Grandma" Moses celebrated her 100th birthday on the 7th of September, 1960. *Life* magazine commissioned Cornell Capa to make a portrait of Moses for the occasion, which it printed as a cover article. New York governor Nelson Rockefeller also proclaimed the day "Grandma Moses Day" in her honor.

http://www.artcyclopedia.com/artists/moses_grandma.html
http://en.wikipedia.org/wiki/Grandma_Moses



🎨**Jacob Lawrence (1917–2000) African American.**

Painter. Jacob Lawrence was one of America's leading modern figurative painters whose work chronicled the African-American experience. His best known work is "The Migration of the American Negro" depicting the mass migration of Southern Blacks to the North in search of work following World War I.

http://en.wikipedia.org/wiki/Jacob_Lawrence

<http://whitney.org/jacoblawrence/>

🎨**Independence Day: Brazil.** Unlike the other areas of South America, the region now known as Brazil was colonized by the Portuguese in 1500 led by the explorer Pedro Alvares Cabral. On this day in 1822, the son of Portugal's king, & regent of Brazil, declared Brazil independent of Portugal & himself Emperor Pedro I. He was succeeded by his son Pedro II in 1831, who until his death in 1889 led the development of Brazil as a modern nation.

🎨**Kansas State Fair: Hutchinson, Kansas. 7th - 16th.**

<http://www.kansasstatefair.com/>

🎨**Tepozteco Challenge or Maria's Nativity Party Tepoztlán, Morelos, Mexico. Sept 7th & 8th.**

Held every September it is an elaborate performance depicting the conversion of King Tepoztecatl & his people to the Catholic religion. Every year the procession goes to the mountain & up the Tepozteco Pyramid, where they place offerings of food & drink. The next day, September 8, the Tepoztecatl baptism is held & the Maria Navidad party begins. This includes chinelo dances, delicious food festivals & fireworks.

September 8

🎨**International Literacy Day: UNESCO.**

<http://www.un.org/depts/dhl/literacy/>

🎨**Paryusana: Jain.** Festival of recitation of holy scripture, fasting, self-discipline, introspection, & reserve. Jainas grant forgiveness to others, ask forgiveness of others for harm done, whether knowingly or unknowingly, during the past year, & make vows to avoid causing future harm. The festival ends with a communal meal.

http://www.jainworld.com/societies/jain_calender.asp

🎨**Nativity of Mary: Christian.**

🎨**Feast of Nuestra Señora de la Caridad del Cobre, patron of Cuba.**


🎨**'Izzat (Might): Bahai'.** (10th moon). Festival of Ten Virtues' is a 10-day fast & meditation for the Jains.

🎨**Feast of Oshun: Yoruba/Santeria.** Orisha of Love & Compassion.

September 9

🎨**Judge Constance Baker Motley**, became the 1st African-American woman to serve on the Federal District court when she was sworn in on this date in 1966

🎨**Confucius' Death (551–479 B.C.E.): People's Republic of China.** The day honoring Confucius is celebrated on the anniversary of his death in the People's Republic of China.


 **Chong Yang (Double Ninth Festival): China.** A holiday dedicated to the older generation. Chong Yang cake is prepared, & everyone is encouraged to enjoy nature. Since "nine" is the highest odd digit, people take two of them together to signify longevity. Therefore, the ninth day of the ninth month has become a special day for people to pay their respects to the elderly & a day for the elderly to enjoy themselves. It has also been declared China's Day for the Elderly.

http://www.chinadaily.com.cn/english/doc/2004-01/09/content_297522.htm


<http://chineseculture.about.com/library/weekly/aa051501a.htm?iam=metaresults&terms=marcos+chong>

 **California became a state in 1850.** The 31st state.


<http://www.enchantedlearning.com/usa/states/california/>


 **Grandparents Day: US.** National Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom & heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the 1st Sunday after Labor Day.

<http://www.grandparents-day.com/>

 **Shiva Puja: Hindu.** Day to fast from grains & meat & make offerings to Hindu God Shiva. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

September 10

 **Alice Brown Davis (1852–1935): American Indian (Seminole).** Civic activist. Alice Brown Davis was prominent in tribal affairs for much of her life. She acted as an interpreter & spokesperson for her people in the courts and once as part of a delegation to Mexico that sought unsuccessfully to find a new homeland for the tribe, which was under increasing economic & legal pressure from the influx of white people into Indian territory. She also served briefly as director of a tribal boarding school for girls. In 1922 the U.S. government briefly appointed her chief, an office which had lapsed with the end of tribal government years before, but stripped her of the office when she refused to sign over tribal property without reimbursement.

 **St. George's Cay Day: Belize.** The Battle of St. George's Cay in 1798 was won by a handful of locals over a superior Spanish force.

 **World Suicide Prevention Day**

National Suicide Prevention Lifeline


1-800-273-TALK (8255)

Para obtener asistencia en español durante las 24 horas, llame al 1-888-628-9454


TTY 1-800-628-4TTY


IASP (International Association for Suicide Prevention) Screening for Mental Health, Inc.; 1 Washington Street, Suite 304; Wellesley Hills, MA 02481. (781) 239-0071 FAX (781) 431-7447 www.stopasuicide.org


<http://www.prweb.com/releases/2007/8/prweb547664.htm>
http://www.who.int/mediacentre/events/2006/world_suicide_prevention_day/en/index.html


 **National Boss/Employee Exchange Day.** Trade places with your boss for a day. Aimed at helping bosses & employees understand & appreciate each other's perspective.

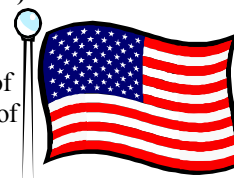
September 11

 **Patriot Day (or Day of Remembrance.)** A federal Patriot Day will be observed on September 11 to remember the hijacking of civilian aircraft resulting in the death of all those onboard, the destruction & loss of life at the World Trade Center in New York City & the damage & loss of life at the Pentagon near Washington, D.C. Patriot Day is intended to honor all those individuals who lost their lives as a result of these terrorist attacks. Congress enacted House Joint Resolution 71 as Public Law 107-89 on December 18, 2001, establishing Patriot Day.

 **September 11: U.S.** On the morning of September 11, 2001, the U.S. suffered the worst terrorist attack in its history when a group of terrorists belonging to the militant Islamic al-Qaeda network hijacked 4 commercial airliners, crashing one into each of the twin towers of the World Trade Center in New York City, one into the Pentagon just outside of Washington, D.C., & one into a field in Pennsylvania in an aborted attempt to crash into the White House or U. S. Capitol building. The death toll of close to 3,000 people exceeded the toll after the Japanese attack on Pearl Harbor. In response to this horrific attack, the U.S. led a coalition of international forces into Afghanistan in an attempt to capture Osama bin Laden, the leader of the al-Qaeda network for whom the ruling Taliban in Afghanistan provided refuge; although bin Laden was not captured, the Taliban were ousted from power by December 2001. President Bush proclaimed 3 days of prayer & remembrance to be held each year on the Friday, Saturday, & Sunday preceding September 11 to commemorate the anniversary of this terrorist attack. In his proclamation, the president said "On September 11, 2001, America was attacked with deliberate and massive cruelty. . . . Since that day, our Nation has waged a relentless war against terror and evil. . . . I ask that the people of the United States and places of worship mark these National Days of Prayer and Remembrance with memorial services, the ringing of bells, and evening candlelight remembrance vigils. I invite the people of the world to share in these Days of Prayer and Remembrance."

 **Anniversary of the Death of Qaid-i-Azam: Pakistan.** Public holiday.

 **Meskerem (New Year): Egyptian.** During the time of Pharaohs 4,000 years ago, the Ethiopian Coptic Church appearance of Soothis (Dog Star) marked the signal that the Nile River would rise, flooding the fertile plains so that planting could begin. The end of the rainy season became known as the *New Year*.



🌐 **Día Nacional de Cataluña (Catalonian National Day):** Catalonia. Public holiday.

http://en.wikipedia.org/wiki/National_Day_of_Catalonia

🌐 **Iroquois Squash Ceremony 9/11 to 9/14.**

Thanksgiving for the squash harvest.

🌐 **San Gennaro Feast: Italian-American.** Las Vegas SEPT 11th-16th, 2007. The Annual San Gennaro Feast is a yearly festival held in honor of the Saint, San Gennaro.

<http://www.sangennarofeast.net/>

🌐 **Shakyamuni Buddha Day: Tibetan Buddhist.** Day to meditate on the Buddha's teachings & strive to fulfill the Precepts.

September 12

🌐 **Jesse Owens (1913–1980): African American.** Athlete. Owens won fame as the greatest track star of the century with victories in the 100-meter dash, broad jump, 200-meter dash, & 400-meter relay at the 1936 Olympics held in Berlin, Germany. His victories were an embarrassment to Adolf Hitler, who presided at the games as Chancellor of Germany & whose National Socialist (Nazi) Party held that African Americans were genetically inferior to whites.

🌐 **Mae Jemison became the 1st African-American woman in space in 1992.**

🌐 **Paitishahem Gahambar: Zoroastrian.** Sep12-16. Feast of 'bringing in the harvest'. Celebration of Divine Spirit Spenta Armaiti (Devotion), creator & protector of Earth. <http://www.avesta.org/zcal2007.htm>

🌐 **New Year: Coptic Orthodox Christian.** This begins the year for the Coptic Orthodox Church of Egypt, which follows a Julian calendar very similar to that of the Eastern Orthodox Christian Church. Christmas falls on January 7, Epiphany on January 19, & Easter follows the date of the Orthodox calendar as well. The Coptic Orthodox Church is based on the teachings of Saint Mark, who brought Christianity to Egypt in the 1st century. The Coptic Church has a structure distinct from the Roman Catholic & Eastern Orthodox Churches. The head of the church is Pope Shenouda III, believed to be the 117th successor of Saint Mark. There are approximately 9 million Copts living in Egypt, out of a total population of about 57 million. The Copts' religious observance often involves fasting. Out of the 365 days of the year, Copts fast for about 210 days, during which time no animal products are eaten & no food or drink of any kind can be eaten between sunrise & sunset. Lent, known as the "Great Fast," starts with a pre-Lenten fast of one week & is then followed by a 40-day fast preceding Easter.

🌐 **New Year (Enqutatash): Ethiopia, Rastafarian.** This begins the new year 2000 in Ethiopia, according to the Julian calendar. The Ethiopian Orthodox Tewahedo Church was part of the Coptic Orthodox Church until it was granted autocephaly by the Coptic pope in 1950, thereby becoming an independent church of the same denomination. New Year's Day is a national holiday in Ethiopia & for Rastafarians as well, who revere Ethiopian Emperor Haile Selassie I as the incarnation of God, & regard Ethiopia as their spiritual homeland.

🌐 **Rosh Hashanah begins at sundown: Jewish.**

🌐 **Boedromion Noumenia: Old Greek festival honoring all the Gods & Goddesses.** 9/12 eve to 9/13 eve. Flutes were played; prayers were said; offerings of barley, olive oil, incense, & food were burned in an offering hearth; & libations of water & wine were made.

September 13

🌐 **Alain Leroy Locke (1886–1954): African American.** Educator, writer, & philosopher. The 1st African American Rhodes Scholar, Locke studied at Harvard, Oxford, & the University of Berlin. He chaired the philosophy department at Howard University for nearly 40 years. During his distinguished career, he published widely as an essayist, anthologist, & critic, & encouraged & interpreted the work of African American artists. He is generally regarded as the leader & chief chronicler of the Harlem Renaissance. This is the anniversary of his death.

🌐 **Commemoration of the Niños Héroes (Commemoration of the Death of the Child Heroes): Mexico.** The children who fell while defending the castle of Chapultepec against European invaders in 1847.

🌐 **18th Annual Stater Bros. Route 66 Rendezvous: California, Sept. 13-16, 2007.** California's largest cruisin' classic car show & largest historic Route 66 automotive celebration! For more information visit www.route-66.org

🌐 **Ramadan (rahm-ah-dahm) (The Month of Fasting, first day of month-long fasting): Islam.** This begins the 1st day of the Islamic month of Ramadan, the holiest month of the Muslim year. The fast of Ramadan is one of the Five Pillars of Islam, & mandatory for every Muslim who has reached puberty except those who are ill, pregnant, or on a journey. During this month, no water or food may be taken from sunrise to sunset. Worshippers eat a light meal, called *suhoor*, early in the morning prior to daybreak. After sunset, Muslims break the fast with the evening meal called the *iftar*. Those who miss days of fasting in Ramadan due to exempted conditions must make up the missed fasting days prior to the next Ramadan. The festival of Laylat al-Qadr occurs during Ramadan & commemorates the beginning of the revelation of the Qur'an (the holy book of scriptures) to the Prophet Muhammad. Observant Muslims pray, read the Qur'an, & worship at home or at a mosque.

Recognizing the Festival/Holiday: During this month, Muslims who have reached puberty may take no food or drink from sunrise to sunset. Observant Muslims pray & read the Qur'an, & are encouraged to give generously to charity during the month of Ramadan. After sunset, Muslims break the fast with the evening meal called the *iftar*. Before inviting someone to lunch or hosting a meal, check to see whether invitee is observing the fast for this period. Common greetings include *Ramadan Mubarak*, "Wishing you the blessings of Ramadan," & "Congratulations on the arrival of Ramadan."



Although Ramadan is a month-long period of fasting for Muslims, food is nonetheless very important due to the tradition of *iftar*, breaking the fast, which ends each day at sunset & resumes the next day at sunrise. In addition, Ramadan is a month of charity in which Muslims make special efforts to feed the poor & to offer hospitality to friends. Sweet pastries such as *baklava* & *khadaife*—a syrup-soaked confection made with strands that look like shredded wheat—are offered to neighbors & friends to mark the end of Ramadan. In order to have sufficient food available, it is common to stock up on foods before Ramadan, especially on luxury items. Pork & alcohol, as well as all foods containing pork or alcohol, are forbidden at all times to Muslims.

FOOD AND DRINK

Traditionally the pre-sunrise breakfast includes rice pilafs, meat turnovers, & poached meats. However, leftovers from dinner or regular breakfast foods are likely substitutes. Also see the recipe for Pomegranate Compote in recipe section.

Indian

Biriani, a dish of saffron-flavored basmati rice studded with curried lamb or vegetables & enhanced with raisins, almonds, & sometimes apricots or peaches, is the festive dish of the Muslims of northern India.

Middle-Eastern countries such as Turkey

The daily *iftar* is signaled by the purchase of freshly made flatbreads, sometimes filled with meat. The meal starts with an array of small items including dates, fruits, cheeses, & pickles, followed by soup, often with rice or vermicelli & eggs, and then by a dinner that includes meat—often lamb or stuffed roasted chicken or turkey—& several vegetable dishes—pastries and turnovers filled with vegetables, meat, or cheese of the feta type—followed by a light dessert of pastry or fruit, frequently scented with rose water.

Lamb is the most popular meat in the Middle East. Eid al-Fitr, a 3-day event marking the end of Ramadan, is often celebrated with roast lamb, cooked whole when possible.

In Turkey, the Balkans, and Central Asia, the Ramadan soup is usually based on yogurt, while in Pakistan a bowl of yakhni, meat broth with vegetables, is common.

Moroccan

It is traditional among Moroccans to serve a luxurious sugar-dusted flat pie called *bisteeya* or *pastilla*. It is made of layers of thin pastry—filo is suitable—and filled with spiced pigeon or chicken. Before such celebration dishes people usually have *harira*, a soup made from lamb & chick peas, usually served with honeyed pastries or a sweet fruit, such as dates.

Saudi Arabian, Syrian, Afghan

Sweet items like *baklava*, *kadaife* & other syrup-drenched pastries, stuffed dried figs, & halwas with pistachios or almonds are often given as house gifts or served to guests during Ramadan. The sweet foods so common at Ramadan, & especially at Eid al-Fitr, symbolize the sweetness of this season.

Somalian

Baked *kébabs* are a favorite dish. Unlike *kébabs* in this country, they are not cooked on skewers. Rather they are

small, sausage-shaped meatballs made of beef, onion, tomato, & hot pepper & cooked on trays in an oven.

<http://www.factmonster.com/spot/ramadan1.html>

Rosh Hashanah (rawsh-ha-shaw-naw) (rhymes with cautious fauna) (New Year): Jewish. The holiday, like most Jewish holidays, begins at sundown on the evening before the first (full) day of the holiday. This begins the Jewish New Year 5768 & the Jewish month of Tishri. Rosh Hashanah signifies the beginning of the Days of Awe, a period of serious reflection about the past year & the year to come. This period, which continues until Yom Kippur, is a time for asking forgiveness from both God & people & for committing oneself to live a better life in the year to come. Traditionally, this is the time that God decides the fate of each Jew in the new year.

Recognizing the Festival/Holiday: There are many traditional foods eaten during the period between Rosh Hashanah & Yom Kippur. Eating apple dipped in honey or some other sweet dish is common. Honey cake is also popular. Either would make an appropriate & welcome gift. Common greetings include *L'shana Tova*, "Happy New Year," "Have a healthy and sweet New Year," & "May you be inscribed for a year of good health and happiness."

The words "Rosh Hashanah" literally mean "head of the year," & the first 10 days of the year are called the Days of Awe or Repentance. At this time Jews contemplate the past year & ask for forgiveness for sins from God & from people they have wronged. The 10th day, Yom Kippur, the Day of Atonement, is marked by religious services. Jews emerge from these services freed from sin by repentance & sealed into the Book of Life; thus they are renewed for the coming year.

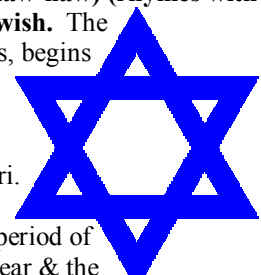
FOOD AND DRINK

Rosh Hashanah coincides with the harvest & many food customs celebrate the plenty of the season by featuring vegetables & fruits. There is also great emphasis on sweet things such as honey & sweet fruits to symbolize the hope for a "sweet" & prosperous year to come.

Jews of all communities begin the holiday meal, served on the first evening of Rosh Hashanah, with apple slices dipped in a bowl of honey.

The main course is usually meat, chicken, beef, or lamb, often cooked with fruit, & sweet vegetables such as carrots or sweet potatoes, or a sweetened sauce.

Tzimmes, a dish of sweet vegetables, sometimes including fruit, is a popular side dish. The selection of vegetables varies from community to community & cook to cook, but likely choices include carrots, winter squash, sweet potatoes, quinces, apples, prunes, & raisins. Honey or brown sugar is used as a sweetener, & some cooks also add spices such as cinnamon or allspice. Sometimes beef is included in *tzimmes*. As well as being sweet, carrots symbolize prosperity because they look like gold coins when cut into discs. In this form, they garnish dishes such as gefilte fish.



Among Sephardic Jews, green vegetables such as spinach symbolize a "green" year with plentiful crops, while rice is also served because its many grains are a sign of abundance.

In keeping w/the emphasis on sweet dishes, challah, the traditional braided egg bread, is made sweeter w/extra sugar & raisins & baked in round shapes to signify a full year.

Desserts often make use of honey, fruit, & nuts, once again emphasizing the themes of sweetness & plenty.

Sephardic Jews from the Mediterranean region have a service called Yehi Ratsones (May It Be Your Will) at which they eat seven symbolic foods, each expressing a wish. Apple slices in honey or jellied rose petals signify the hope for a sweet year, dates are to create a sense of wonder, pomegranate is for a year rich with seeds, pumpkin is eaten in the hope of being remembered for good deeds, leeks such as in [leek fritters](http://www.jewfaq.org/holiday2.htm) are eaten to diminish enemies & beets to remove them. Finally, each person eats a bit from the head of a whole fish in the hope that they will be at the head rather than the tail of things in the coming year. The fruits & vegetables are chosen because their names sound similar to the wishes they signify. <http://www.jewfaq.org/holiday2.htm>

<http://www.factmonster.com/spot/roshhashanah1.html>

80th Annual Feast of San Gennaro: Italian-American. New York City's oldest, biggest & best religious street festival, will be celebrated starting Thursday, September 13, & continuing for 11 days through Sunday, September 23, 2007. <http://www.sangennaro.org/>

September 14

Anthony J. Celebrezze (1910–1998): Italian American. Lawyer & politician. Born in Italy, Celebrezze immigrated to Cleveland with his family & rose from poverty to become Mayor of that city from 1953 to 1962, serving an unprecedented 5 terms. In 1962, he became Secretary of Health, Education, & Welfare under John F. Kennedy, the 1st Italian American to serve as a cabinet officer. Celebrezze later served for 30 years as a member of the U.S. Court of Appeals based in Cincinnati.

Lola Rodríguez de Tío (1843–1924): Puerto Rican. Poet & patriot. A supporter of the Puerto Rican independence movement, Rodríguez de Tío spent much of her life in exile in New York, where she worked with the Cuban exile José Martí to plan his revolutionary invasion of 1895. She wrote several volumes of poetry. Her most famous work is the patriotic verses of "La Borinqueña," the national anthem of Puerto Rico.

Margaret Sanger (1879-1966): American. Birth control activist, an advocate of negative eugenics, & the founder of the American Birth Control League (which eventually became Planned Parenthood).

http://en.wikipedia.org/wiki/Margaret_Sanger

Baron Alexander von Humboldt (1769-1859): Prussian. Naturalist & explorer who explored much of Central & South America.

Gowri Habba is celebrated in Karnataka, Andhra Pradesh, & Tamil Nadu: Hindu. Gowri is worshipped

for her ability to bestow courage to her devotees. Newly wed couples are invited to the house of the groom's parents & served with varieties of food.

http://en.wikipedia.org/wiki/Hindu_festivals

Rosh Hashanah (New Year, 2nd day of observance): Jewish. 2nd day of observance. Because of the difficulties of calculating the time of the full moon, it was impossible before modern astronomical calculations to determine the exact beginning of the holiday. For this reason, Orthodox & Conservative Jews celebrate 2 days of this & other Jewish holidays.

Feast of Old Greek Goddess Athena. 9/14 eve to 9/15 eve. As protector & defender.

September 15

Jan E. Matzeliger (1852–1889): African American. Inventor. Matzeliger produced machines that revolutionized the shoe industry. By using the machine he patented in 1883, cobblers could make 1,000 pairs of shoes in one day.

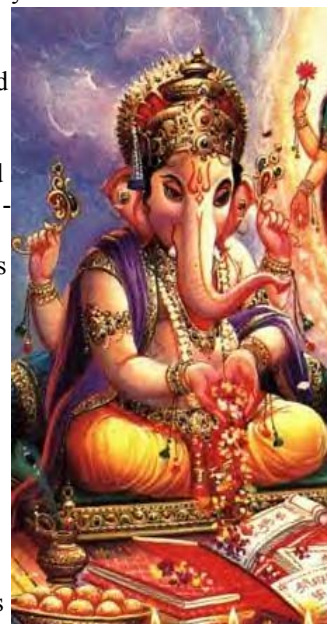
National Convention of African-Americans, the 1st convention in 1830 was organized to find ways to improve conditions for African-Americans

Independence Day: Central American nations. This commemorates the declaration of independence from Spain of Costa Rica, El Salvador, Guatemala, Honduras, & Nicaragua in 1821.

Commemoración de la Proclamación de la Independencia: Mexico. Throughout the country, at 11 o'clock at night, there is a communal shout, El Grito, in memory of Padre Hidalgo's cry of independence from the Spanish in the town of Dolores.

Day the 1st woman was ordained a Congregational/Unitarian minister in the U.S. (1853).

Ganesh Chaturthi (Sanskrit: also spelled as Ganesa and Ganesh): Hindu. Birthday of Lord Ganesha. Is one of the most well-known and venerated representations of God (Brahman). Is considered the master of intellect & wisdom. He is depicted as a big-bellied, yellow or red god with 4 arms & the head of a 1-tusked elephant, riding on, or attended to by, a mouse. He is frequently represented sitting down, with one leg raised in the air & bent over the other. Typically, his name is prefixed with the Hindu title of respect, 'Shree' or Sri. The celebration for this festival begins on Bhadrapad Shukla Chaturthi & continues for 10 days till Ananta Chaturthi. Though celebrated in all parts of the country, the festival has great prominence in Maharashtra.



<http://www.blessingsonthenet.com/temple/currfestival.asp?festivalid=F0694>

<http://en.wikipedia.org/wiki/Ganesh>

🌿 **Wife Appreciation Day**

🌿 **Feast of Old Greek Deities Aphrodite & Hermes.**
9/15 eve to 9/16 eve. Day to honor the divine feminine & divine masculine in harmony.

🌿 **National Hispanic Heritage Month, September 15–October 15.**

🌿 **International Coastal Cleanup Day.**

September 16

🌿 **Anthony Panizzi (1797-1879): Italian-British.**

Principal librarian for British Museum. Political problems led to his flight to England so he was tried in absentia by the Italian court then hung in effigy, the only librarian in recorded history to be so distinguished.

🌿 **Independence Day (El Día de Independencia):**

Mexico. On September 16, 1810, in the small town of Dolores, in the province of Guanajuato in Mexico, a handful of people were summoned by a parish priest to take up arms against the Spanish colonial government. This began the fight for independence that ended 350 years of Spanish rule. To this day, the church bell that was used to call people to revolt hangs in the National Palace in Mexico City & is rung on the eve of September 16 by the President of the Republic.



FOOD AND DRINK

Tamales are made for every festive occasion in Mexico. These are mixtures of white cornmeal with meat, vegetables, & seasonings wrapped in a corn husk & cooked inside a banana or other large leaf, which keeps them moist. Fillings, & the leaves to cook them in, vary from region to region.

Another especially patriotic dish is *chiles en nogada*. These are poblano chilies stuffed with ground pork & served coated in a creamy white walnut sauce garnished with pomegranate seeds & flat-leaved parsley. The colors of the dish are those of the Mexican flag—the green chilies & parsley, the white sauce, & the red pomegranate seeds. The dish was invented in 1821 in honor of Don Agustin de Iturbide, who led the final revolt against the Spanish. It can only be made during this season since the sauce requires fresh walnuts, unavailable at other times.

<http://www.mexonline.com/grito.htm>

🌿 **Step-Family Day: US.**

<http://www.celebratelove.com/stepfamilyday.htm>

🌿 **Women's Friendship Day: U.S.**

🌿 **Trail of Tears Commemoration Day: U.S.** The Trail of Tears refers to the forced relocation in 1838 of the Cherokee Native American tribe to the Western United States, which resulted in the deaths of an estimated 4,000 Cherokees. In the Cherokee language, the event is called *Nunna daul Isunyi*—"the Trail Where We Cried."

<http://www.trailoftears-remembrance.org/>

http://en.wikipedia.org/wiki/Trail_of_Tears

<http://www.trailoftears.org/>

<http://www.cherokee.org/>

🌿 **Genesia: Old Greek.** 9/16 eve to 9/17 eve. Festival in which offerings were made for the dead.

September 17

🌿 **Andrew (Rube) Foster (1879-1930): African-American.** Baseball player, manager & organized 1st Negro League (1919).

http://en.wikipedia.org/wiki/Rube_Foster

🌿 **Keiro No Hi (Respect for the Aged Day): Japan.**

This is one of 12 public holidays in Japan & a day for paying respect to the aged & celebrating their longevity. Always the 3rd Monday in September.

http://en.wikipedia.org/wiki/Respect_for_the_Aged_Day

<http://marian.creighton.edu/~marian-w/academics/english/japan/holidays/sept15.html>

<http://marian.creighton.edu/~marian-w/academics/english/japan/holidays/sept15.html>

🌿 **Citizenship Day: U.S.** Citizenship Day commemorates the formation & signing on September 17, 1787, of the Constitution & recognizes all who, by coming of age or by naturalization, have become citizens.

<http://www.patriotism.org/citizenship/>

🌿 **Feast of Old Greek Goddess Artemis (Roman Diana/Slavic Diwitsa).** 9/17 eve to 9/18 eve. The huntress, destroyer of life.

September 18

🌿 **Harriet Maxwell Converse**, became the 1st American woman of European descent to be made a Native American chief (Six Nations) on this date in 1891. She had been adopted into the Seneca tribe in 1884 in appreciation for her efforts in their behalf

🌿 **Lance Edward Armstrong (born Lance Edward Gunderson 1971-): American.** Retired professional road racing cyclist. He is most famous for winning the Tour de France a record 7 consecutive times from 1999 to 2005.

🌿 **Día de la Independencia (Independence Day): Chile.** A public holiday. This holiday commemorates Chile's gaining independence from Spain in 1818. Also known as Fiestas Patrias and El Dieciocho.

🌿 **Beginning of Old Egyptian Akhet/Inundation month of Het-Hert/Athor, dedicated to Neteret Hathor.** Priests & priestesses danced & played sistra, tambourines, & menat in honor of the Neteru (Gods & Goddesses).

September 19

🌿 **Sarah (Sadie) Delaney (1889–1999): African American.** Educator and writer. Born to slaves in Georgia, Delaney attended & taught school both in the South & in New York City. The 1st Black woman to receive a master's degree from the Columbia School of Education, she also became the 1st Black woman to teach home economics to whites in New York City schools. With her sister, Dr. A.

Elizabeth Delaney, a dentist, she gained fame in 1993 after the publication of their memoir, *Having Our Say: The Delaney Sisters' First 100 Years*. Now a part of the curriculum in many high schools & colleges, the memoir was on the *New York Times* hardcover best-seller list for 28 weeks & on the paperback list for 77 weeks. The memoir was adapted into a Broadway play that was nominated for 3 Tony awards. Delaney died in 1999 at 109 years of age.

Najeeb Halaby (1915–2003): Arab

American. Businessman & government official. Born in Dallas, Texas, Najeeb Halaby was the son of a Syrian-born immigrant of Lebanese descent & a native Texan. During World War II he was a Navy test pilot & in 1945 became the 1st person to make a nonstop, transcontinental jet flight. In 1948 Halaby was made foreign affairs advisor to then-Secretary of Defense James Forrestal, & later served as deputy assistant secretary of defense for international security affairs under President Eisenhower. In 1961, President John Kennedy appointed him head of the Federal Aviation Administration, a position he held until 1965. Halaby then joined Pan American World Airways, becoming chief executive officer in 1969 & chairman in 1970. In 1978 his daughter, Lisa, married King Hussein of Jordan, becoming Queen Noor, the 1st Arab American to be queen of a foreign country.

Armed Forces Day: Chile. This day honors Chile's armed forces & is observed with military and naval presentations celebrating the victories over the Spanish forces led by Chile's national hero, Bernardo O'Higgins, and José de San Martín.

San Gennaro Day: Italian, Naples, Italy.

http://en.wikipedia.org/wiki/Feast_of_San_Gennaro

Day for meditation on Tantric Bodhisattva Goddess Gold Tara. She is provider of all sustenance & necessities.

September 20

Dalip Singh Saund (1899–1973): Indian American.

Activist & legislator. Born in a village in India, Saund came to the U.S. in 1920 after earning his college degree. As a founding member & early president of the Indian Association of America, he campaigned for changes in the immigration laws to permit East Indians to become naturalized citizens. These efforts succeeded, & he became a U.S. citizen in 1949. In 1956 he became the 1st Indian American to win election to the U.S. Congress. He served 3 terms, representing his California district in Washington, D.C., until 1962.



Devi Puja: Hindu. Day to fast from grains & meat & make offerings to Hindu Goddess Maha Devi. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

September 21

James Henry Conyers became the 1st African-American to attend the Naval Academy on this date in 1872. He left after 14 months & it was not until 1949 that **Wesley Anthony Brown** became the 1st African-American to graduate from the Academy

Independence Day: Armenia. This celebrates Armenia's reestablishment as a free republic after the collapse of the Soviet Union. A referendum was held on this day in 1991 declaring Armenia an independent Republic; independence was declared on September 23.

International Ixtapacifico Surf Competition Ixtapa-Zihuatanejo, Guerrero, Mexico. Sept 21st-25th. A surfing event on Las Escolleras beach, Ixtapa, that a group of friends 1st organized years ago in September of 1991, as a homage to local surf pioneer Alejandro Pérez "El Karma". Since then, a state or regional surfing event has been held yearly on the same beach. The aim of this event is to promote surfing as a sport as well as the area Ixtapa/Zihuatanejo, creating a conscience of conservation of Mexican beaches & marine life as well as of great respect & feeling for the ocean. For more information: <http://www.surf-mexico.com> or email: centralsurf@hotmail.com

Mahkato--35th Annual Traditional Pow-Wow Wacipi: US. September 21, 22 & 23, 2007

Honoring the 38 Dakota, All Nations Welcome. Dakota Wokiksuye Makoce (Land of Memories Park) Mankato, Minnesota. <http://www.mahkatowacipi.org/>

Yom Kippur begins at sundown: Jewish.

Religious Freedom Week: 21st – 30th.

International Day of Peace: International. Day to demonstrate for peace with justice throughout the world. <http://www.internationaldayofpeace.org/> <http://www.idpvigil.com>

National POW/MIA Recognition Day: Takes place the 3rd Friday in September. In 1998, Congress passed 1998 Defense Authorization Act, promising the POW-MIA flag will fly each year on Armed Forces Day, Memorial Day, Flag Day Independence Day and National POW-MIA Recognition Day. The flag says "You Are Not Forgotten." It is black, a symbol of the darkness we feel in our souls when we think of our POW-MIA's. To obtain POW/MIA flags contact: Georgia Committee for POW/MIA, 770/973-8773 or Ohio Chapter MIA-POW 614/451-2405.

<http://members.tripod.com/blueonline/pday.html>

<http://www.pow-miafamilies.org/>

<http://www.dtic.mil/dpmo/powday/index.htm>

September 22

Coya Rayni: Inca 9/22 to 9/23. Festival honoring Moon Goddess Quilla. Focus is on purging sickness & evil.

Oktoberfest: Germany. SEPT 22nd – OCT 7th. In 1810, King Joseph Maximilian of Bavaria 1st decided to

celebrate his marriage with Princess Theresa of Saxonie in royal style. Originally it was meant to be just a simple horse race event, but the Bavarian character quickly took over & it became a happy gathering of cheerful beer drinkers. Oktoberfest now attracts approximately 7 million visitors each year.

<http://en.wikipedia.org/wiki/Oktoberfest>

🕒 **Mabon begins at sundown: Pagan & Wiccan.**

🕒 **Yom Kippur (yom-kípoor) (Day of Atonement):**

Jewish. The 10 days from Rosh Hashanah to Yom Kippur are known as the Days of Awe or the Days of Repentance. During this time Jews are to remind themselves of their sins & seek forgiveness for their wrongdoings.

Wrongdoing against God can be forgiven by God, but wrongdoing against others can be forgiven only by the person wronged. Because sin corrupts not only the person who commits it, but the entire community as well, all sins are confessed by the whole congregation. The last service of Yom Kippur, the Closing, occurs as the sun begins to set. Initially, the “closing” pertained to the gates of the Temple. The deeper meaning, however, is that the Book of Life is sealed for the ensuing year. Thus, freed from sin by repentance & sealed in the Book of Life, the worshippers turn from the past to the future.

Recognizing the Festival/Holiday: Many Jews observe Yom Kippur, the holiest Jewish holiday, by taking no food or water from sundown the day before through sundown the following day. It is also common for Jews not to work on the night before & the day of Yom Kippur. Appropriate greetings include “May you be sealed in the book of life for a good year” & “Good yuntef.”

Yom Kippur begins at sundown the day before, as a day when Jews attend religious services to atone for their sins. Sundown also begins the 24-hour fast during Yom Kippur.

FOOD AND DRINK

The meal on the evening before Yom Kippur is generally large. People often choose chicken as the main dish. Chicken soup is also popular, often served with *kreplach*, filled dough in shapes similar to tortellini. At the end of Yom Kippur the fast is broken by a light meal, often of dairy foods that can be prepared ahead of time.

September 23

🕒 **Mary Church Terrell (1863–1954):**

African American. Civil rights activist. A lifelong champion of equal rights for Blacks & for women, Terrell served on the District of Columbia School Board, was a founding member of the National Association of Colored Women & Delta Sigma Theta sorority, & represented the U.S. at several international conferences.



🕒 **Victoria Chafin Woodhull (1838–1927):** American.

Feminist, reformer & 1st female candidate for U.S. President. She is probably most famous for her declaration to run for the United States Presidency in 1872.

🕒 **Ray Charles (1930–2004):** African American.

Performer = “father of soul.”

<http://www.raycharles.com/>

<http://www.rockhall.com/hof/inductee.asp?id=76>

http://www.pbs.org/wnet/americanmasters/database/charles_r.html

🕒 **Katsushika Hokusai (1760–1849):** Japanese. Edo period artist, painter, wood engraver & ukiyo-e maker, born in Edo (now Tokyo). Author of the 13-volume sketchbook *Hokusai manga* (begun in 1814) & the block prints *Thirty-six Views of Mount Fuji*, (created around 1823–1829), which includes “In the Hollow of a Wave off the Coast at Kanagawa.”

<http://www.ibiblio.org/wm/paint/auth/hokusai/>

🕒 **Deaf Awareness Week. 23rd–29th.** Always the last full week in SEPT.

<http://deafness.about.com/cs/events/a/deafawareness.htm>

🕒 **Grito de Lares (1868):** Puerto Rico. This day is commemorated in Puerto Rico as the anniversary of the uprising that initiated the movement for Puerto Rican independence. On this date, a 400-man army of liberation led by Manuel Rojas, under orders from the exiled leader Ramón Emeterio Betances, gathered & took the town of Lares. They formed a provisional government & issued 4 proclamations, including one promising freedom for all slaves who joined the rebel army. Although the army was defeated & disbanded the following day, some of its aims were realized nearly immediately (the Spanish government decreed the gradual abolition of slavery by 1873), & the revolt is remembered as the 1st large-scale armed rebellion against Spanish colonial rule.

🕒 **Unification of the Kingdom: Saudi Arabia.** Since the end of the 7th century, Saudi Arabia was a collection of separate kingdoms. In 1932, however, King Ibn Saud began unifying these kingdoms under his rule into the single nation of Saudi Arabia.

🕒 **The annual Sanmiguelada (running of the bulls):** San Miguel. At 12:00 noon. Many people will participate wearing white T-shirts & red bandanas, men (& a few women) fill the streets, with thousands of spectators watching, & bulls chasing them in the dangerous yet popular running of the bulls. The course (which means closed streets) goes around the Jardín, up Correo, left on Corrigidora, left on San Francisco & back to the Jardín. To attempt to cut down on injuries, San Miguel restaurants & bars are not allowed serve alcohol after 11:00 PM on Friday night, until the event is over on Saturday afternoon.

🕒 **Fall Equinox at Kukulcan (Chichen Itza Festival):** Chichén Itzá, Yucatán, Mexico. On Autumn Equinox Day, thousands gather at the Mayan Temple to see the interplay of sun & shadow as they form the impression of a long-tailed serpent leading downward to the stone head of the serpent Kukulcan. Possibly one of the greatest sights to see in your lifetime, the Mayan pyramid of Chichén Itzá, also known as El Castillo, is the setting for the Fall Equinox and is one of the most magnificent surviving monuments of the Mayan civilization. It is extraordinary that a civilization which evolved as early as 1500BC managed to build a monument of incomprehensible scale to highlight the time of year when the hours of daylight & darkness are equal. At exactly 1:31 pm GMT, one can

witness quite a sight: a feathered serpent lit by the sun as it appears to be slithering its way down the steps towards the well of sacrifice. This is becoming quite a popular event, so book your tickets now! Since there are few hotels near the ruins, you might want to book accommodations as far away as Mérida. Directions: Chichén-Itzá is 205km east of Cancún on Route 180 & 120km from Mérida. Buses run regularly from both places. Tourist office: Yucatan Tourism: Phone: +52 (0) 9924 9495 or +52 (0) 9924 9677 Email: turismo@yucatan.gob.mx

Chichen Itza travel: www.tripadvisor.com
<http://www.yucatanoday.com/destinations/eng-chichen-itza.htm>
http://www.istc.org/sisp/index.htm?fx=event&event_id=21056

International Marathon of Mexico City: Mexico City, México. Mexico City's altitude & industrial climate makes this popular 26-mile marathon one of the most challenging in the world. More than 15,000 runners of all ages & from all walks of life will compete in 5 categories. This year, the marathon will start & end in Mexico City's historic downtown area known as Zocalo. For more information: www.maraton.df.gob.mx

Autumnal Equinox Day (Shubun No Hi): Japan. This is a public holiday to celebrate the end of summer & the beginning of the fall harvest season. <http://www.japan-guide.com/forum/quereadisplay.html?0+18832>

Mabon (Autumnal Equinox): Pagan & Wiccan.

Vishnu Puja: Hindu. Day to fast from grains & meat & make offerings to Hindu God Vishnu. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

Aki-no-Higan—Day: Japanese Buddhist. Mark the time of change by meditating on the impermanence of life.

Taoist festival honoring the Shen of Winds, West, & Autumn. Thanksgiving is made for the harvest. Taoists live simply, respect life, & recognize the equality of all.

Shuki-Korei-Sai: Shinto. Rite honoring ancestral spirits.

Demokratia: Old Greek. 9/23 eve to 9/24 eve. Festival celebrating democracy, constitutional government, & justice under law. Zeus Agoraios, Athena Agoraios, & Themis were honored.

Autumnal Equinox. Marks the beginning of Autumn & point of equal daylight & darkness.

First Day of Autumn.

September 24

Frances Ellen Watkins Harper (1825–1911): African American. Lecturer, writer, & civil rights activist. The long career of this remarkable woman integrated political & social activism with notable literary achievement. A brilliant speaker, Harper lent her eloquence 1st to the movement to abolish slavery, & later to efforts on behalf of educational & economic opportunity for African Americans, the temperance movement, & the campaign for women's suffrage.



She was also a talented & successful poet & fiction writer. Her 1859 short story "The Two Offers" is believed to have been the 1st short story by an African American to be published in the U.S., & her 1892 novel *Iola Leroy* went into 3 editions.

Heritage Day: South Africa. This day is set aside to reinforce the importance of African culture & heritage in the lives of South African people, recognizing that they are powerful agents for promulgating a South African identity, fostering reconciliation, & celebrating diversity. The government determines a theme for each year's celebrations.

Our Lady of Las Mercedes: Dominican Republic. Public holiday.

Feast of Obatala: Yoruba/Santeria. Orisha of Peace & Justice. Yorubas/Santeros worship the One Deity Olodumare.

Greater Eleusinian Mysteries: Old Greek. 9/24 eve to 10/3 eve. Festival recalling Goddess Demeter's search for Her missing daughter Kore. Devotees fasted, ritually bathed in the sea, processed by torch-light to the temple, made ritual offerings, & danced. They honored Demeter (as Mother Nature), Goddess Kore (as the harvested grain), & God Dionysos (as the harvested grape) for bringing life, death, & rebirth.

September 25

Eric Williams (1911–1981): Trinidadian. Political leader & writer. Educated in Trinidad & in England, Williams taught at Howard University before returning to Trinidad in 1955 to enter politics. His party, the People's National Movement, won a landslide victory in the elections of 1961, making him prime minister of the colony & then, in August of the following year, of the newly independent republic of Trinidad & Tobago. He was repeatedly returned to office, serving as prime minister until his death. Under his leadership the republic became the most prosperous Caribbean nation in the British Commonwealth. A scholar as well as a statesman, Williams also wrote a number of books on Caribbean history. http://en.wikipedia.org/wiki/Eric_Williams

Dmitri Shostakovich (1906–1975): Russian. composer [*Song of the Forest, Dances of the Dolls*]. http://en.wikipedia.org/wiki/Dmitri_Shostakovich

Christopher Reeve (1952–2004): American. Actor, People with Disabilities. Christopher Reeve's successful career as an actor, including the hit role of *Superman*, as well as acting in 17 feature films, a dozen TV-movies, & about 150 plays, was cut short when he suffered a fall during a horse competition called "eventing" which combines the precision of dressage with the excitement of cross-country & show jumping. Reeve landed head 1st fracturing the uppermost vertebrae in his spine, instantly paralyzing him from the neck down. After a grueling effort to regain his ability to breathe & speak, Reeve became an advocate for research on healing spinal cord injuries. He became Chairman of the American Paralysis Association & Vice Chairman of the National Organization on

Disability. In partnership with philanthropist Joan Irvine Smith, he founded the Reeve-Irvine Research Center in California & created the Christopher Reeve Foundation in 1996 to raise research money & provide grants to local agencies that focus on quality of life for the disabled. He also became a national spokes person for & raised funds in support of stem cell research. In the years after his accident, Christopher Reeve, reflecting gains unusual for his kind of injury, gradually regained sensation in parts of his body—notably down the spine, in his left leg, & areas of his left arm.

Cabrillo Day: Portugal. This holiday, celebrated most commonly by Portuguese on the West Coast, commemorates the discovery of California by Juan Rodriquez Cabrillo when he sailed into the harbor of what is now San Diego in 1542.

Mid-Autumn Moon Festival (Chung-ch'iu): China.

This festival is said to have originated from the ancient ceremony of Sacrificing to the Moon Goddess. "When the moon is full, mankind is one" -- In China, the full moon has always represented the gatherings of friends and family. Thus, Mid-Autumn Festival is a time for family reunions. On this night, families will go together to scenic spots & parks for moon appreciation parties, eating mooncakes & pomeloes in the cool night air & praying for a safe year.



This autumn festival gives thanks for the food being stored for winter. Evening outdoor celebrations include poetry recitals, wine drinking, & traditional games centered around finding a good husband. Friends & families visit & eat together, often outdoors.

FOOD AND DRINK

The Chinese place melons & other round, moon-like fruits outdoors as tributes to the moon & offer yellow beans to the "rabbit in the moon." The most typical treat, however, are mooncakes made from a wheat-flour dough, stamped with Chinese characters, & baked to a rich golden brown. In northern China, mooncakes have 2 fillings—a sugar paste or a date paste. In southern China, the fillings are more varied—they include ham, preserved apricots, sweet bean puree, walnuts, & watermelon seeds.

http://www.gio.gov.tw/info/festival_c/moon_e/moon.htm
http://en.wikipedia.org/wiki/Mid-Autumn_Festival

Mid-Autumn Moon Festival (Tet Trung Thu):

Vietnam. One of the most popular family holidays.

Families plan their activities around their children on this special day. In Vietnamese folklore, parents were working so hard to prepare for the harvest that they left the children playing by themselves. To make up for lost time, parents would use the Mid-Autumn festival as an opportunity to show their love & appreciation for their children.

It is said that originally, the Mid-Autumn Moon Festival came about as a way for parents to make up for lost time with their children after harvest season. The harvest was done by September, (August in the Lunar calendar) & the parents were anxious to spend time with their children & do something special with them, as well as celebrate the harvest, after spending much time working hard & away from the family. It was held under the full moon, which represents fullness & prosperity of life.

Tet Trung Thu is very much like a combination of our Halloween & Thanksgiving. Children parade on the streets, while singing & carrying colorful lanterns of different sizes. Some of the popular shapes include fishes, stars, butterflies & a lantern that spins when a candle is inserted, representing the earth circling the sun. Dances are also traditional, & include the dragon dance & the flower dance.

It is customary to give Banh Trung Thu, boxes of moon cakes, which are traditionally very rich in taste. The cakes are filled with lotus seeds, ground beans & orange peels and have a bright yoke in the center to represent the moon. Today, the Mid-Autumn Moon Festival, as well as encouraging affection for children, promotes education, poetry, dance & arts and crafts.

Many Vietnamese communities in the USA hold Mid-Autumn Moon Festivals, including Washington DC & San Jose. For families that don't live in an area with an organized Tet Trung Thu Festival, have your own!

<http://www.adoptvietnam.org/vietnamese/tet-trung-thu.htm>

Chusok (choo-sock) (Harvest Festival): South Korea.

On this thanksgiving festival, Koreans pay respects to their ancestors. Chusok, one of the most celebrated Korean holidays, is a 3-day celebration during which families gather together to honor their ancestors & give thanks for the autumn harvest. Families pay respects to their ancestors by visiting their tombs with offerings of rice & fruits. In the evening, children dance under the bright moon in a large circle, & play many of the same games that are played at New Year's.

Recognizing the Festival/Holiday: Moon cakes made of glutinous rice & stuffed with sesame seeds, honey, dates, chestnut paste, & bean paste are the traditional holiday treat eaten on the eve of Chusok. Korean moon cakes are made in the shape of a half-moon because it is believed that a half-moon, a waxing moon, symbolizes growth & progress. They can be found in most Asian grocery stores.

FOOD AND DRINK

Chusok is celebrated with family feasts. Dishes include large bowls of noodles & rice accompanied by dishes of beans, vegetables, dumplings, & chicken & meat dishes. Among these, *bulgogi* is most important because it is the national celebratory dish of Korea & appears on every, festive occasion. *Bulgogi* is made from thin strips of tenderloin beef marinated in a mixture of soy sauce, ginger, garlic, scallions, & sesame seeds & cooked in a table-top griddle by the diners. *Kimchi*, a pungent pickle made from fermented cabbage & chilies, is always served with Korean meals. Mooncakes made of rice, chestnuts, & fruit are also eaten at Chusok.

<http://www.familyculture.com/holidays/chusok.htm>

September 26

🌿 **George Gershwin (1898–1937): Jewish American.** Composer. Gershwin won international fame in the 1920s as a composer of scores for Broadway musical comedies, collaborating with his brother, the lyricist Ira Gershwin; their songs include "I Got Rhythm," "The Man I Love," and "S Wonderful." Gershwin also wrote successful concert music using blues & jazz themes, notably the *Rhapsody in Blue*, & the African American "folk opera" *Porgy and Bess*.

🌿 **Bessie Smith (1894–1937): African American.** Blues singer. Bessie Smith's authentic country blues style was first recorded in 1923. During her 1st year as a recording artist, she sold over 2 million records. Known as the "Empress of the Blues," she achieved her greatest fame between 1924 and 1927, when she was accompanied by some of the great jazz artists of the time. Day of her death.



<http://www.wntb.com/blackachievers/bessiesmith/>

🌿 **Johnny Appleseed (1774-1845): American.** Planted & supplied apple trees to much of the United States of America. Many people think that Johnny Appleseed was fictional character, but he was a real person.

🌿 **Navajo Sing: 9/26 to 10/4.** Festival in thanksgiving for the harvest. Etsanatléhi/Changing Woman is believed to represent life, & is manifested in the harvest.

🌿 **Sukkoth begins at sundown: Jewish.**

🌿 **Amitabha Buddha Day: Tibetan & Mahayana Buddhist.** Do good deeds & chant the name of Buddha God Amitabha/Omito/Amida to gain entry to His Pure Land & aid in attaining nirvana.

🌿 **Old Egyptian festival of Neter Amen-Ra-Atem, the Great God, & Neteret Amenet-Rait-Mut, the Great Goddess.** Their images were transported on a bark from Karnak to Luxor.

September 27

🌿 **Robert Todd Duncan**, became the 1st African-American opera singer (baritone) to perform white roles with a white cast this week in 1945. He appeared as Tonio in *I Pagliacci* & Escamillo in *Carmen*.

🌿 **Wallonia (French Community Holiday): Belgium.** The French Community of Belgium is one of the three official communities in Belgium, along with the Flemish Community & the German-speaking Community. The French Community of Belgium is an institution having its own parliament, government, & administration. This day commemorates the limited autonomy granted to the community in 1980.

🌿 **4th Annual Bay Area Hawaiian Film Festival & Cultural Conference: US.**

Presented by the [Aloha Pūmehana 'O Polynesia \(APOP\) Hawaiian Cultural Center](#)

When: Thursday-Sunday, September 27-30, 2007

Where: 423 Baden Avenue, South San Francisco, CA 94080. **Contact:** info@apop.net, (650) 588-1091

For more info: Please see the APOP web site at www.apop.net. <http://www.pica-org.org/>

🌿 **Saradhas: Hindu.** Festival in which offerings are made for departed ancestors. Ends 10/11/07

🌿 **Kshma Vani Parv: Jainism.** The Day of Universal Forgiveness for wrongs committed by them & to them.

🌿 **Sukkoth (soo-coat) (9/27-10/3): Jewish.** Is a holiday that lasts 7 days, is named for the huts that are erected & hung with fruits & vegetables to recall the temporary field dwellings that Hebrew farmers traditionally used during harvest time. Sukkoth, which ends on the evening of October 3 (also known as Hoshanah Rabbah), is followed by Sh'mini Atzeret (October 4), which celebrates the end of the holiday season that began with Rosh Hashanah. The next holiday is Simchat Torah (October 5), which commemorates the reading of the last part of the Torah & the beginning of the 1st part, to start the cycle of scriptural readings for the new year.

Recognizing the Festival/Holiday: Many observant Jews build a *succoth*, a 3-sided wooden hut with a ceiling, which is decorated with fall fruits & vegetables (to signify the huts used by the Israelites during harvest times), as well as Jewish artifacts, such as the menorah. Meals are eaten in the succoth & religious services are also held there. Giving someone something to decorate a succoth is an appropriate gift.

FOOD AND DRINK

The harvest influences all the foods eaten at Sukkoth. *tzimmes*, the vegetable stew popular at Rosh Hashanah, may be served. Stuffed vegetables such as eggplant, peppers, & cabbage leaves are also popular choices, as are desserts made with apples or other seasonal fruits. Fruits are strung from the roof of the shelter as a festive decoration, & in America cornstalks are often used as decoration.

In Israel a type of citron (etrog), a fruit like a large thick-skinned lemon, is especially important during Sukkoth because in the ritual it symbolizes God's bounty. Citrons are known in this country only as the candied peel used in fruit cakes & cookies. The most important Sukkoth meals are those on the 1st and last evenings of the holiday & on the Sabbath that occurs during the holiday.

<http://en.wikipedia.org/wiki/Sukkoth>

<http://www.amfi.org/sukkoth.htm>

<http://www.hillel.org/jewish/holidays/sukkot/default.htm>

🌿 **Mashiyyat: Bahai'.** The 1st day of the 11th Bahá'í month. English translation of Mashiyyat (Arabic) is Will.

September 28

🌿 **Kate Douglas Wiggin (1856-1923): American** founder of 1st free western kindergarten (1878), co-founder California Kindergarten Training School, & children's author (*Rebecca of Sunnybrook Farm*).

🌿 **Frances Elizabeth Caroline Willard (1839-1898): American** educator, reformer, woman's suffrage leader, temperance leader.

🌐 **Michelangelo Merisi da Caravaggio (1571? -1610): Italian.** Artist who revolutionized the art of the time by creating dramatic & realistic paintings.

<http://www.ibiblio.org/wm/paint/auth/caravaggio/>

🌐 **Confucius' Birthday (551–479 B.C.E.): Republic of China (Taiwan).** Celebrated as Teacher's Day in Taiwan, this date is the anniversary of the birth of Confucius, the founder of the main doctrines of Chinese philosophy, & is one of the 8 national holidays observed in the Republic of China. "Confucius" is a Latin version of his title K'ung fu-tzu, meaning "Master K'ung." Confucius is revered by all Chinese as the "Teacher of All Generations." Colorful rites are performed at all Confucian temples on this day.

🌐 **Indigenous Peoples' Day: U.S.** Day for celebrating the life-affirming spiritual traditions of indigenous peoples world-wide. [a/k/a Native Americans Day, First Nations Day] Takes place the 4th Friday in September.

🌐 **6th Annual Precious Cheese Feast of San Gennaro: American-Italian.** Los Angeles, September 28-30, 2007. <http://www.feastofla.org>

🌐 **Sukkoth (2nd day of observance): Jewish.**

September 29

🌐 **Enrico Fermi (1901–1954): Italian American.** Scientist. Fermi was awarded the Nobel Prize for physics in 1938 for his research on radioactivity. In 1942 he created the 1st self-sustaining chain reaction in uranium, an achievement that made possible the development of the atomic bomb and other devices using nuclear energy.

🌐 **San Geronimo Eve Vespers: Taos, New Mexico.**

🌐 **Feast of Orisha Elegguá: Yoruba/Santeria** Intercessor & Ruler of Destinies..

September 30

🌐 **José Morelos (1765–1815): Mexican.** Political & military leader. A village priest, Morelos joined the uprising led by Father Miguel Hidalgo in 1810 to fight for Mexico's independence from Spain. Appointed a lieutenant, Morelos became the most successful commander of the rebel forces, rising to the position of supreme commander. His victories culminated in the capture of Acapulco in 1813. He then led the effort to convene a congress, which issued a declaration of independence & a constitution for Mexico. Factional conflicts among the leaders weakened the insurgent movement, however, & Morelos lost his command. In 1815 he was defeated, captured, tried, & executed by the Spanish.



🌐 **National Farm Workers Association (1962): Mexican American.** On this date César Chávez founded a union of agricultural laborers, most of them Mexican & Mexican American migrant workers. The event was one of the signs of a rising activism among Latinos and a new resolve to press for economic & social justice.

🌐 **San Geronimo Day: Taos, New Mexico.** Traditional Pole Climbing. <http://taospueblo.com/calendar.php>

🌐 **Birthday of Jalal ad-Din Rumi (1207): Sufi.** Saint & poet. He believed the soul to be one w/ Deity & thought ecstatic experience of Deity could be attained w/ music, whirling dance, & chanting Deity's holy names. Rumi born in Afghanistan, later lived in Turkey where he founded the Mevlevi Order, known as the "Whirling Dervishes".

🌐 **Feast of Shango: Yoruba/Santeria.** Orisha of Passion & Virility.

🌐 **World Heart Day.** World Heart Federation; 2810 Crossroads Drive, Suite 3800; Madison, WI 53718. (608) 443-2468 x 138 FAX (608) 443-2474 World Heart Federation. 5, avenue du Mail, 1205 Geneva, Switzerland.

RECIPES

<http://mexicanrecipe.allrecipes.com/>

Pico De Gallo

INGREDIENTS:

1 medium tomato, diced
1 onion, finely chopped
1/2 fresh jalapeno pepper, seeded & chopped
2 sprigs fresh cilantro, finely chopped
1 green onion, finely chopped
1/2 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS:

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt & pepper. Stir until evenly distributed. Refrigerate for 30 minutes



Fideo

INGREDIENTS:

2 tablespoons vegetable oil
1 (8 ounce) package fideo pasta
1/2 teaspoon ground cumin
1/2 teaspoon garlic salt
1 (8 ounce) can tomato sauce
1 tablespoon chili powder
1 1/2 cups water

DIRECTIONS:

Heat oil in a saucepan over medium-high heat. Add the fideo, & fry until browned. Pour in half of the can of tomato sauce, & 1 cup of the water. Season with cumin, garlic salt & chili powder, & stir to blend. Bring to a boil, and cook until the liquid has almost evaporated. Stir in the remaining tomato sauce & water. Cover, & cook over medium heat for about 10 minutes, or until the fideo is tender, & the sauce has thickened.

<http://www.geocities.com/NapaValley/7035/soups.html>

Chayote Soup From Nicaragua

Chayotes are a pale green vegetable. They are sort of shaped like a pear. This soup is also common in Morelos, Mexico, without the chicken.

2 large chayotes, peeled & sliced
 pinch of salt
 1 medium onion, finely chopped
 1 clove garlic, chopped
 2 tablespoons butter
 1 tablespoon flour
 4 cups of chicken stock
 1 cup of cooked shredded chicken (about ½ pound)
 white pepper

Directions:

Using enough water to cover the vegetable, simmer the chayotes in salted water until tender, about 20 minutes. Reserve 2 cups of the cooking liquid. Place the chayotes & the liquid in a blender or food processor. Blend until you have a smooth puree. In a saucepan sauté the onion & garlic in butter until the onion is soft. Stir in the flour & cook for about 1 minute. Do not brown the flour. Add the chicken stock & cook until the mixture is smooth. Add the chicken, the chayote mixture, salt & pepper, & simmer covered about 5 minutes serves about 4 – 6 people

Beef Stew in a Pumpkin shell

This is a popular hearty stew in Argentina.

2 pound of beef, cut in bite size cubes
 1 small onion, finely chopped
 2 garlic cloves, minced
 1 tablespoon olive oil
 2 large tomatoes, coarsely chopped
 1 green bell pepper; chopped
 1 red bell pepper chopped
 1 teaspoon black pepper
 1 tablespoon oregano
 2 teaspoon of basil
 1 teaspoon crushed red pepper (optional)
 1 teaspoon sugar
 1 cup of dried apricots, chopped coarsely if whole & large
 3 medium potatoes, peeled & diced
 3 sweet potatoes, peeled & diced
 2 cups of beef broth
 1 medium large Pumpkin
 butter or margarine; melted
 1/4 c Dry sherry
 1 pound of whole kernel corn, drained &/or defrosted

Directions:

In the olive oil brown the beef with the onion & garlic. Add all the remaining ingredients, except the corn, sherry & pumpkin of course. Simmer for a 1 hour, covered. Cut the top off the pumpkin & discard. Scoop out the seeds & stringy membrane, & discard them as well. You could toast the pumpkin seeds in the oven for a snack if you like, but they are not used in this recipe. Brush the inside of the pumpkin with butter & sprinkle lightly with salt & pepper. Stir in the stew, sherry & corn. Bake the stew containing pumpkin at 325F for about an hour, or until the pumpkin is tender. When serving, scoop out some pumpkin along w/ the stew.



<http://www.lasculturas.com/lib/rcp/rcp0013.htm>

Templeque

Also Known As: Coconut Custard

Ethnic influence: Puerto Rican

Ingredients:

4 cups coconut milk
 1/2 cup of cornstarch
 2/3 cup of sugar
 1/2 tablespoon of salt
 1 tablespoon orange blossom water (if available)

Preparation:

Put the milk in a saucepan over medium-heat & stir in the cornstarch until it dissolves. Stir in the rest of the ingredients. Keep stirring until it becomes very thick. Pour into molds, cups or a pan. Refrigerate for 2 hours. Sprinkle cinnamon or nutmeg over it before serving.

Flan De Queso De Puerto Rico

Also Known As: Cheese Flan

Ethnic Origin: Puerto Rican

Ingredients:

4 large eggs
 1 cn (14 oz) condensed milk; sweetened
 1 cn (12 oz.) evaporated milk
 6 oz cream cheese
 1 ts vanilla extract

Preparation:

Mix eggs, milk, & vanilla together. Soften the cream cheese and mix it together with the other ingredients. Be careful not to over-mix the cream cheese or it will cause air pockets in the flan. Prepare a caramel by cooking 1/2 cup of sugar over a low flame until the sugar liquifies. Use a metal container to do this. Turn just enough caramel into the pan/ ramekin to cover the bottom. Once the sugar is hard, pour the batter you prepared in steps 1 & 2 into the pan/ ramekin. Place pan/ramekin into a bain-marie. The pan/ramekin in which the ingredients are in should be 3/4 submerged in water. Bake at 325 degrees Fahrenheit for about 1/2 hour. The flan is done when a knife/toothpick inserted into it comes out clean. **Serving Ideas:** Serve slices inverted so the caramel is on top. **Suggested Wine:** Sangria

Bulgogi

This is the festive national dish of Korea: a good choice for New Year. Often it is cooked at the table on small grills. Kimchi, a spicy pickled cabbage, always accompanies it.

2 tablespoons dark soy sauce
 1 tablespoon light soy sauce
 4 tablespoons sugar
 1 bunch (about 8) scallions, white & tender green parts, coarsely chopped

1 2-inch piece fresh ginger, peeled & grated
 2–6 cloves garlic, minced
 2 tablespoons cooking rice wine
 5 tablespoons sesame oil
 2 pounds beef tenderloin, sliced as thin as possible

Directions:

Thoroughly mix all the ingredients except the sliced beef & half the sesame oil. Add the beef & let it sit in the marinade for an hour. Heat the remaining oil in a large frying pan. Put the pieces of beef in a few at a time & sear on both sides for about 1 minute per side.

<http://mexico.udg.mx/cocina/verduras/ChilesNogada.html>

Chiles en Nogada

Ingredientes:

8 [chiles poblanos](#) medianos
 25 nueces
 1/2 taza de crema de leche
 1/2 copa de jerez
 1 trocito de [cebolla](#)
 1/2 diente de [ajo](#)
 1 granada roja
 1 cucharada de aceite
 1/2 taza de agua
 1/2 taza de vinagre
 sal.

Para el relleno

200 grs. de pulpa de cerdo cocida
 150 grs. de [jitomate](#)
 10 almendras
 15 grs. de pasitas
 1/2 cucharada de cebolla picada
 5 aceitunas
 1/2 cucharada de azúcar
 1/2 cucharada de vinagre
 1 cucharada de manteca
 1 hoja de [laurel](#)

Procedimiento:

Tostar, limpiar y desvenar los chiles.
 Freírlos luego en el aceite, con el ajo y la cebolla.
 Añadirles el vinagre, 1/2 taza de agua, la sal y hervir aproximadamente unos 10 minutos.
 Retirar del fuego. dejar enfriar perfectamente, quitarlos del líquido y rellenar.

Se bañan con la nogada y colocados en un platón se decoran con los granitos de la granada.

RELLENO:

Se [acitrona](#) la cebolla picada en la manteca.
 Se le añade el jitomate, (asado y molido), y se frie.
 Enseguida se agregan la carne cocida y deshebrada, las pasitas, almendras y aceitunas picadas; además, un poco del caldo en que se coció la carne.
 Sazonar con sal, pimienta, vinagre, azúcar y laurel.
 Dejar hervir lentamente para que espese.
 NOGADA: Quitar las cáscaras y pellejitos a las nueces.



Molerlas junto a la crema y sazonar con poquita sal, azúcar y jerez. (Para 5 o 6 personas)

http://www.elise.com/recipes/archives/000114chiles_en_nogada_chilies_in_walnut_sauce.php

Chiles en Nogada (Chiles in Walnut Sauce) Recipe

You must start this dish one day ahead by soaking the walnuts for the nogada sauce overnight.

The Picadillo:

2 lbs of boneless pork
 1/2 onion, sliced
 2 cloves garlic, peeled
 1 Tbsp salt, or to taste

Cut the meat into large cubes. Put them into the pan with the onion, garlic, & salt & cover with cold water. Bring the meat to a boil, lower the flame & let it simmer until just tender - about 40-45 minutes. Do not over cook. Leave the meat to cool off in the broth.

Strain the meat, reserving the broth, then shred or chop it finely & set it aside. Let the broth get completely cold & skim off the fat. Reserve the fat.

6 Tbsp of lard or the fat from the broth
 1/2 medium onion, finely chopped
 3 cloves garlic, peeled and finely chopped
 The cooked meat (about 3 cups - note if you use more than 3 cups, you will need to increase the amounts of the other ingredients)

A molcajete (mortar & pestle)
 8 peppercorns
 5 whole cloves
 1/2 inch stick cinnamon
 3 heaping Tbsp of raisins
 2 Tbsp blanched & slivered almonds
 2 heaping Tbsp acitron or candied fruit, chopped
 2 tsp salt, or to taste
 1 1/2 pounds of tomatoes, peeled & seeded
 1 pear, cored, peeled & chopped
 1 peach, pitted, peeled & chopped

Melt the lard & cook the onion & garlic, without browning, until they are soft.

Add the meat & let it cook until it begins to brown.

Crush the spices roughly in the molcajete & add them, with the rest of the ingredients to the meat mixture. (If you don't have a molcajete, you can use the blunt end of a pestle to crush the spices in a bowl.) Cook the mixture a few moments longer.

Add chopped peach & pear to the mixture.

The Chilies:

Put 6 chiles poblanos (& you MUST use this type of chili) straight into a fairly high flame or under a broiler & let the skin blister & burn. Turn the chilies from time to time so they do not get overcooked or burn right through.

Wrap the chiles in a damp cloth or plastic bag & leave them for about 20 minutes. The burned skin will then flake off very easily & the flesh will become a little more cooked in the steam. Make a slit in the side of each chili & carefully remove the seeds & veins. Be careful to leave the top of the chili, the part around the base of the stem, intact. (If the chilies are too hot - picante, let them soak in a mild vinegar & water solution for about 30 minutes.) Rinse the chilies & pat them dry.

Stuff the chilies with the picadillo until they are well filled out. Set them aside on paper towels.

The Nogada (walnut sauce)

The day before: 20 to 25 fresh walnuts, shelled cold milk Remove the thin papery skin from the nuts. (Note I have found it virtually impossible to remove the skins from the fresh walnuts that come from our walnut tree.)

Completely cover the walnuts with cold milk and leave them to soak overnight.

On serving day:

The soaked & drained nuts

1 small piece white bread without crust

1/4 lb queso fresco

1 1/2 cups thick sour creme (or creme fraiche)

1 1/2 Tbsp sugar

Large pinch of cinnamon

Directions: Blend all of the ingredients in a blender until they are smooth.

To Serve

To assemble the dish, cover the chilies in the nogada sauce & sprinkle with fresh parsley leaves & pomegranate seeds.

<http://www.onamfestival.org/banana-halwa.html>

Banana Halwa

Onam: India

Ingredients:

Nutmeg ground 1/2 tsp

Pure Ghee 1 tablespoon

3 medium Bananas (ripe, peeled & mashed)

Sugar 1 cup

Method:

Heat ghee in a heavy pan. Add bananas & cook over low heat, stirring to prevent the mixture from sticking. Cook for 10 minutes, or until bananas have browned & resemble soft toffee. Add more ghee as necessary. Add sugar & continue stirring until dissolved. Add nutmeg & cardamom; remove from heat. Spread halwa into a deep, large plate. Allow it to cool & cut into squares.

<http://www.onamfestival.org/idli.html>

Idli

Onam: India

Ingredients:

Long grain rice 4 cups

Uncle Ben's Converted rice 2 cups

Urad dal whole 1 cup

Salt to taste

Method:

Soak the long grain rice for 6-7 hours & urad dal for an hour. Dry grind the Converted rice. Grind the soaked rice to a coarse paste & urad to a fine paste. Mix all three, add salt and let it ferment atleast for a day. Steam them & serve hot with Chutney or Sambhar.

<http://www.onamfestival.org/coconut-chutney.html>

Coconut Chutney

Onam: India

Ingredients:

Coconut Grated 1 cup

Red Chillies(dry) 2 nos

Mustard seeds 1 tsp

Urad dal 2 tsp

Tamarind (dry) 1 small piece

Salt to taste

Sugar 1 tsp

Hing 1 tsp

Oil 1 tbsp

Method:

Grate the Coconuts.

In a pan heat the oil & add 1 tsp of urad dal & chillies. Fry for a minute. Let it cool completely. Add tamarind, sugar, hing & coconut & grind it to a fine past Do the seasoning with the other tsp of urad dal , mustard seeds in a tsp of oil. Enjoy with steaming plain rice.

<http://www.krishnajanmashtami.com/janmashtami-recipes.html>

Traditional dishes prepared on Janmashtami.

Singhare ki Poori

Preparation time: 20-25 minutes

Ingredients:

1 Cup Singhara Flour

1/4 Cup boiled, mashed Potatoes

1/4 Cup Chopped Spinach

1 tbsp oil

2 chopped green chillies

2 tsp Ajwain Seeds

1/4 Cup Coriander Leaves

1 tbsp Red Chilli Powder

Salt to taste

Oil For Deep Frying

Method of Preparation :

Mix all the ingredients thoroughly. Knead the dough & make small pooris with hand or a rolling pin. Add less quantity of water as compared to what used while kneading wheat flour. Add cooking oil in a pan & fry pooris till dark brown & crisp. Serve with curd & pickle.

Kheer

Preparation time: 30-40 minutes

Ingredients

1 cup Basmati rice

1 cup condensed milk

1 tablespoon custard powder, dissolved in warm milk

3-4 cups of whole milk, diluted with 1-2 cups of water

1/2 cup sugar

1 tbsp raisins

1 tbsp cashewnuts, dry roasted.

1 tsp powdered cardamom

Method of preparation:

Pour milk in a pan & add rice to it. Boil rice & milk in the pan on medium flame until completely cooked (appx. 25-30 minutes). Add custard powder to milk & stir continuously. Add condensed milk, sugar & stir till sugar gets completely dissolved & the mixture thickens. Add nuts & raisin. Sprinkle it with powdered cardamom for extra flavor. Can be served both hot as well as cold.

Food for Ramadan:

<http://www.ccp.edu/eeoaa/2007Cal/recipes/pomecomp.html>

Pomegranate Compote

Fruit compotes—sometimes of dried fruit, sometimes of fresh—are served throughout Ramadan & other Muslim feasts. This version has 7 fruits (counting the almonds), which is the traditional number for the new year. Other suitable ingredients to add or substitute are fresh or dried cherries, walnuts, pistachios, & prunes. Serves 6

½ pound dried Turkish or other apricots

12 dried Turkish or California small figs

½ cup golden raisins

¼ cup dark raisins

¼ teaspoon whole allspice berries

2 firm medium-sized Bosc pears, peeled, cored, & sliced

½ or sugar

½ cup blanched almonds

½ teaspoon vanilla extract

seeds from 1 large pomegranate

2 tablespoons rose water

Thoroughly rinse the apricots & figs in cold water. Put the apricots in one medium saucepan & the figs in another. Add cold water to cover fruit by an inch. Add the raisins to the pan of apricots & the allspice berries to the pan of figs. Place each pan over medium heat, bring to a boil, & then simmer until the fruit is tender. The time varies depending on the dryness of the fruit, but plan on 20–30 minutes for the apricots and 30–45 minutes for the figs. In another pan, put the pears, honey or sugar, almonds, vanilla, & one cup of cold water. (If the water doesn't cover the pears, add a little more.) Bring to a simmer & cook until the pears are tender—about 8–12 minutes depending on the ripeness of the pears. Allow them to cool in the liquid.

Transfer the pears and liquid to a shallow glass bowl.

Add a few of the pomegranate seeds. Remove the apricots, raisins, & figs from their liquid with a slotted spoon & add them to the pears. Add about half the remaining pomegranate seeds & a tablespoon of rose water; then gently stir to mingle the fruit. Finally, sprinkle the remaining pomegranate seeds & the other tablespoon of rose water on top of the compote & serve. This is best at room temperature or even lukewarm, rather than chilled.

<http://www.ccp.edu/eeoaa/2007Cal/recipes/bisteeya.html>

Bisteeya

This pie, a classic of Moroccan cooking, is traditionally made of either pigeon or chicken, & a pastry called *ouarka*. Filo pastry works well as a substitute, & squab, if obtainable, makes an excellent filling. If using chicken, it's best to choose the dark parts such as thighs as they have more flavor. In Morocco, chickens are generally smaller & tastier; the whole bird would be used—cut in pieces, but not boned. The following recipe uses boned meat because it's easier to eat. It makes 6–8 servings of *bisteeya*—a rather small amount by Moroccan standards, where pies are made large enough to feed a crowd.

3 squab or 6 meaty chicken thighs

1 teaspoon ginger

2½–3 teaspoons cinnamon

salt & pepper to taste

5–6 tablespoons light olive oil or sunflower oil

2 large onions, finely chopped

¾ cup slivered almonds

1 dozen whole almonds

½ cup chopped fresh cilantro

½ cup chopped fresh parsley

6 eggs

8–10 sheets filo

2–3 teaspoons confectioners' sugar

Rub the squab or chicken thighs with the ginger & 1/2 teaspoon of the cinnamon. Season with salt & pepper. In a large pan, heat 2 tablespoons of the oil, & stir in the onions. Add the squab or chicken to the pan along with 2–3 tablespoons of water. Cover the pan & cook over low heat until tender, turning the meat once or twice. This takes about 30–40 minutes. Remove the meat from the pan & let cool until tender. Pour the liquid & other ingredients from the pan into a bowl & let sit in a cool place.

While the meat is cooking, turn the oven to 300°F. Put the slivered & whole almonds into a metal pie pan with a teaspoon of oil. Stir them around; then place them in the oven & toast them until golden brown—about 10 minutes. Put them aside.

When the meat is cool enough to handle, remove the flesh from the bones. Discard both bones & skin. Cut the flesh into bite-sized pieces. Set it aside.

Skim the fat from the top of the liquid & other ingredients you reserved. Return the defatted mixture to the pan & add the chopped cilantro & parsley. Cook over fairly brisk heat until the sauce has reduced to a thick mass. Beat the eggs in a bowl; then, over low heat, add them to the sauce.

Season with salt & pepper & stir the mixture around until the eggs are scrambled. Remove from heat. To assemble the pie, take an 11- or 12-inch loose-bottomed tart pan & brush it with oil. Spread a sheet of filo on it, letting the edges flop over the sides of the pan. Take another sheet of filo & place it over the first but at a slightly different angle. Brush with oil. Continue this way until you have layered 4

sheets of filo in the pan. Arrange the pieces of meat on this. Season lightly with salt & pepper. Cover this with the egg mixture. Now add a sheet of filo on top. Fold it over so that the meat is completely covered by a double thickness. Brush with oil; then add another sheet of filo, similarly folded to cover the meat. Sprinkle the slivered almonds on this. Reserve the whole almonds for garnish. Sprinkle with a teaspoon of confectioners' sugar & a teaspoon of cinnamon. Now fold the filo that has been hanging over the edges into the pan to cover the almonds. To complete the pie, place the remaining sheets of filo on top, brushing each sheet with oil before adding the next. Cut them off at the edge of the pan so they are smooth & unwrinkled. Lightly brush the top sheet with oil. Place the pie in the center of a preheated 350°F oven. Bake for 45–55 minutes or until the top is crisp & golden brown. Remove from the oven & serve either hot or lukewarm. Before serving, dust the top with the remaining confectioners' sugar. Make a crisscross pattern by sprinkling the cinnamon in lines across the surface. Serves 6.

<http://www.ccp.edu/eoaa/2007Cal/recipes/harira.html>

Harira

Each evening of Ramadan the fast is broken with soup, followed by many other dishes. Harira is the Ramadan soup of Morocco & other North African countries. Precise ingredients vary from family to family, but chickpeas & meat are constants. Serves 8

- 2 tablespoons butter
- 1 medium stalk celery, coarsely chopped
- 2 onions, chopped
- ½ pound lean lamb cut into small pieces
- 1 15-ounce can chickpeas
- 1 15-ounce can crushed tomatoes
- ¼ teaspoon turmeric
- 1 teaspoon ground ginger
- ½ teaspoon cinnamon
- 1 tablespoon tomato paste
- 1 teaspoon salt (or to taste)
- 1 cup rice
- 2 tablespoons flour mixed to a paste of ½ cup water
- ½ cup chopped fresh parsley
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice
- 1 large lemon cut in 6 wedges

Melt the butter in a large saucepan & gently saute the celery & onions for 3–4 minutes. Add the lamb & brown it. Now add the chickpeas with their liquid, the tomatoes, turmeric, ginger, cinnamon, tomato paste, salt, & 2 quarts of water. Bring to a boil, simmer for 10 minutes, & then stir in the rice. Simmer for about 15 minutes or until the rice is becoming tender. Add some of the hot liquid to the

flour paste & stir until smooth. Pour this mixture into the pan of soup & bring it back to a simmer. Cook for another 15 minutes. Finally stir in the parsley, cilantro, & lemon juice, & cook for 2 more minutes. Serve w/ lemon wedges.

Food for Rosh Hashanah:

<http://www.ccp.edu/eoaa/2007Cal/recipes/beeftzim.html>

Beef Tzimmes

Many Jewish families have a favorite tzimmes that they make for holiday dinners. Tzimmes vary tremendously, but all tzimmes are stews of sweet vegetables & fruits, usually with beef brisket or ribs. Since a long list of ingredients and the cook's pride can be involved in a tzimmes, the word has come to mean "a big fuss" in Yiddish slang. Like many slow-cooked stews & casseroles Tzimmes can taste even better the next day – good news for cooks who like to get the work done ahead of time.

- 3-4 pound flat cut beef brisket
- salt & pepper to taste
- 1 tablespoon oil
- 1 large onion, coarsely chopped
- 2 cloves garlic, chopped
- 1 stalk celery, halved
- 2 bay leaves
- 8 carrots, peeled
- 2 cups beef stock or water
- 1 cup red wine
- 20 prunes, peeled and thinly sliced into disks
- 2 tablespoons cornstarch

Preheat the oven to 350 degrees. Wash the beef & season it with salt & pepper. In a large ovenproof pan, heat the oil and put the fattiest side of the beef on it. Let it sear for a 3-4 minutes then turn it over. Sprinkle on the onion and garlic. Tuck around it the celery pieces, the bay leaves & 2 carrots, each cut in 2. Pour on the stock or water & the red wine. Bring to simmering point, cook on the stove for 5 minutes then & transfer to the oven. Let it simmer, checking & basting 2-3 times for 2 hours. Remove the pan from the oven. With a slotted spoon take out & discard the carrot & celery pieces. Also, remove a cup of the broth. In a small bowl, mix the cornstarch with enough cold water to make a smooth paste. Stir in the cup of broth, then return this mixture to the pan, stirring it into the liquid. Add the remaining carrots, cut in 1-inch pieces to the pan along with the prunes. Taste for seasoning & add salt & pepper as necessary. Finally, add the sweet potato slices keeping them on top. Cover the pan & bring to simmering on top of the stove. Return it to the oven & let it simmer there for 20 minutes. Remove the lid & continue cooking for another 15 minutes or until the sweet potatoes are lightly browned. For serving, remove the beef & slice. Put the slices on a platter & partly cover them with the vegetables & sauce from the pan. Serve the rest of the vegetables & sauce separately.

<http://www.ccp.edu/eoaa/2007Cal/recipes/leekfrit.html>

Sephardic Leek Fritters

These leek fritters could be used on the Yehi Ratsones platter at Rosh Hashanah.

- 8 leeks
- 2 tablespoons butter
- 4 eggs, lightly beaten
- 1-2 cups mashed potatoes
- salt and pepper to taste
- 1 teaspoon dried oregano
- ½ cup flour, or more as needed
- olive or peanut oil for frying
- 2 medium lemons, cut in wedges

Wash the leeks, separating the layers of leaves to remove any grit. Slice the white & tender green parts. Melt the butter in a large pan & sauté the leeks in it for 1–2 minutes, seasoning them with salt. Cover with boiling water, & cook for another 2 minutes or until crisp-tender. Drain & put the leeks in a large bowl. Add the eggs, a cup of mashed potato, salt & pepper, the dried oregano, & half a cup of flour & stir to blend all the ingredients. If the mixture is too sloppy, add the additional mashed potato &/or the flour and adjust the seasoning. Heat half an inch of oil in a large frying pan. Using a 1/3-cup measure, scoop portions of the mixture & drop them in the oil. Flatten each with a spatula and cook, keeping the oil at a sizzling but not excessive temperature, for 2–3 minutes per side, or until golden brown. Remove to a warm dish lined with paper towels. Serve sprinkled with salt & with wedges of lemon on the side. Serves 8.

Food For Chusok:

<http://www.ccp.edu/eeoaa/2007Cal/recipes/bulgogi.html>

Bulgogi

This is the festive national dish of Korea: a good choice for New Year. Often it is cooked at the table on small grills. Kimchi, a spicy pickled cabbage, always accompanies it.

- 2 tablespoons dark soy sauce
- 1 tablespoon light soy sauce
- 4 tablespoons sugar
- 1 bunch (about 8) scallions, white & tender green parts, coarsely chopped
- 1 2-inch piece fresh ginger, peeled and grated
- 2–6 cloves garlic, minced
- 2 tablespoons cooking rice wine
- 5 tablespoons sesame oil
- 2 pounds beef tenderloin, sliced as thin as possible

Thoroughly mix all the ingredients except the sliced beef & half the sesame oil. Add the beef & let it sit in the marinade for an hour. Heat the remaining oil in a large frying pan. Put the pieces of beef in a few at a time & sear on both sides for about 1 minute per side. Serves 6–8.

Cultural Competency Outreach Committee

If your clinic or agency plans to host a celebration for the month's events, please advise the subcommittee so that we may maintain a record. In addition, we will have information regarding your event broadcast to the entire department. If you would like specific information on a given occasion please contact Minette O'Bryan 421-9260.

We are confident that many of you will take the opportunity to celebrate the month's cultural events & look forward to hearing from you.

Thank you.

The Outreach Sub-Committee

Office of Cultural Competence and Ethnic Services (OCCES)

The Office of Cultural Competence and Ethnic Services (OCCES) is very pleased to be in the process of developing programs and providing more educational information throughout the programs in our Department. Recently, we coordinated the "Interpreters in Mental Health Settings" pilot training. We were 1 of 5 counties selected to participate in this pilot. This pilot was developed by the National Latino Behavioral Health Association and the National Asian American/Pacific Islander Mental Health Association in collaboration with DMH and the Texas Department of State Health Services. It was very exciting to see the positive responses from the attendees, as they, with the support from their supervisors, made the commitment of attending this training for 5 days. Along with other multicultural trainings, workshops, and educational opportunities, the OCCES will be sponsoring trainings to improve the knowledge and sensitivity of our workforce members who provide services and referrals to our diverse clients.

The OCCES office would also like to bring everyone's attention to an international recognition received by ACCESS' and Cultural Competency Advisory Committee member Dr. Bahman Dadgostar, Ph.D. Dr. Dadgostar presented the paper he authored "The Psychological Aspects of Peace" at an international peace conference hosted by the *Globalization for the Common Good Initiative* in Istanbul, Turkey this past July. The OCCES would like to congratulate Dr. Dadgostar for receiving this great honor.



October 2007

German-American Heritage Month
Diversity Awareness Month
Lesbian, Gay, Bisexual History Month
National Disability Employment Awareness Month
National AIDS Awareness Month

Oct 11th National Coming Out Day

STOMP Project: STOMP (Specialized Training of Military Parents) is a federally funded Parent Training & Information (PTI) Center established to assist **MILITARY** families who have children with special education or health needs. <http://www.stompproject.org/>
<http://www.spousebuzz.com/blog/2007/05/stomp.html>



SUPPORT OUR TROOPS!



AmericaSupportsYou: A nationwide program launched by the Department of Defense, recognizes citizens' support for our military men & women & communicates that support to members of our Armed Forces at home & abroad. <http://americasupportsyounil>

Quilts of Valor Foundation: Quilting Honor & Comfort for Our Wounded Soldiers. The mission of the QOV Foundation is to cover ALL combat wounded & injured service members from the War on Terror whether physical or psychological wounds with wartime quilts called Quilts of Valor (QOVs). <http://www.qovf.org/>
Contact Info: Barbara Winkler 562-925-7673
email: creations4u7@aol.com

AmericaSupportsYou: A nationwide program launched by the Department of Defense, recognizes citizens' support for our military men & women & communicates that support to members of our Armed Forces at home & abroad. <http://americasupportsyounil>

Any Soldier, Any Marine, Any Sailor, Any Airman, Any Coast Guardsman: Send mail & care packages to soldiers who don't receive mail. <http://www.ansoldier.com/index.cfm>, <http://anymarine.com/>, <http://anysailor.com/>, <http://anyairman.com/>, <http://anycoastguard.com/>

Adopt a Platoon: Individual Soldier Adoption, Pen-Pal Support -- Individual / Family, Adopting a Platoon or Military Company, or Supporting Service Members in a holiday support measure and/or supporting Service Members via AdoptaPlatoon™ campaigns or a onetime support measure. <http://adoptaplatoon.org/new/>

Soldiers' Angels: Send care to deployed soldiers & their loved ones at home. <http://www.soldiersangels.org/heroes/default.php>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers. <http://www.woundedwarriorhospitalfund.org/>

Treats for Troops: Send care packages to service members or register a loved one with our Foster-A-Soldier Program. Visit www.treatsfortroops.com

Military.com—Support the Troops: Site has links to programs that offer aid to our military -- everything from care packages to emergency services to military family support. http://www.military.com/Content/MoreContent1/?file=support_troops

Give 2 The Troops: This organization sends letters & care packages for free to our troops overseas. <http://give2thetroops.org/>



Let's Say Thanks To Our Troops: Now you can send a card to show your support of our troops **for free**. Xerox has created a website full of patriotic images drawn by children. All you need to do is complete your message & send your card. It is a free service and an easy way to let our troops know that we care & that we support them. <http://www.letsaythanks.com>



<http://www.infoplease.com>

Famous Firsts by Hispanic Americans

Government & Military

- **Member of U.S. Congress:** Joseph Marion Hernández, 1822, delegate from the Florida territory.
- **U.S. Representative:** Romualdo Pacheco, a representative from California, was elected in 1876 by a 1-vote margin. He served for 4 months before his opponent succeeded in contesting the results. In 1879 he was again elected to Congress, where he served for 2 terms.
- **U.S. Senator:** Octaviano Larrazolo was elected in 1928 to finish the term of New Mexico senator Andieus Jones, who had died in office. He served for 6 months before falling ill & stepping down; he died in 1930. The 1st Hispanic senator to serve an entire term was Dennis Chávez, of New Mexico, who served 1935-1962.
- **U.S. Treasurer:** Romana Acosta Bañuelos, 1971–1974.
- **U.S. cabinet member:** Lauro F. Cavazos, 1988–1990, Secretary of Education.
- **U.S. Surgeon General:** Antonia Coello Novello, 1990–1993. She was also the 1st woman ever to hold the position.
- **U.S. Secretary of Transportation:** Federico Peña, 1993.
- **U.S. Secretary of Housing and Urban Development:** Henry Cisneros, 1993.
- **U.S. Attorney General:** Alberto Gonzales, 2005.
- **Flying ace:** Col. Manuel J. Fernández, Jr., who flew 125 combat missions in the Korean War.
- **Medal of Honor recipient:** Philip Bazaar, a Chilean member of the U.S. Navy, for bravery during the Civil War. Received his Congressional Medal of Honor in 1865.
- **Admiral, U.S. Navy:** David G. Farragut. In 1866, he became the 1st U.S. naval officer ever to be awarded the rank of admiral. The 1st Hispanic American to become a 4-star admiral was Horacio Rivero of Puerto Rico, in 1964.
- **General, U.S. Army:** Richard E. Cavazos, 1976. In 1982, he became the army's 1st Hispanic 4-star general.
- **Secretary of the Navy:** Edward Hidalgo, 1979.
- **Labor leader:** Juan Gómez, 1883. The 1st female Hispanic labor leader of note was Lucy González Parsons, 1886.

Science & Medicine

- **Astronaut:** Franklin Chang-Díaz, 1986. He flew on a total of 7 space-shuttle missions. The 1st female Hispanic astronaut was Ellen Ochoa, whose 1st of 4 shuttle missions was in 1991.

- **Nobel Prize in Physics:** Luiz Walter Alvarez, 1968, for discoveries about subatomic particles. Later, he & his son proposed the now-accepted theory that the mass dinosaur extinction was caused by a meteor impact.
- **Nobel Prize in Physiology or Medicine:** Severo Ochoa, 1959, for the synthesis of ribonucleic acid (RNA).

Literature

- **Novel in English, written & published in U.S.:** María Amparo Ruiz de Burton, *Who Would Have Thought It?* (1872). She's better known for her 1885 2nd novel, *The Squatter and the Don*.
- **Pulitzer Prize for Fiction:** Oscar Hijuelos, 1990, for his novel *The Mambo Kings Play Songs of Love*.
- **Pulitzer Prize for Drama:** Nilo Cruz, 2003, for his play *Anna in the Tropics*.



Entertainment

- **Oscar, Best Actor:** José Ferrer, 1950, *Cyrano de Bergerac*.
- **Oscar, Best Supporting Actress:** Rita Moreno, 1961, *West Side Story*.
- **Oscar, Best Supporting Actor:** Benecio Del Toro, 2000, *Traffic*.
- **Hollywood director:** Raoul Walsh, 1914, *The Life of General Villa*.
- **Matinee idol:** Ramón Navarro, 1923, *The Prisoner of Zenda*.
- **Leading lady:** Dolores del Río, 1925, *Joanne*.
- **Tony, Best Director:** José Quintero, 1973.
- **Tony, Best Supporting Actress:** Rita Moreno, 1975, *The Ritz*. In 1977, Moreno became 1st Hispanic American (& the 2nd person ever) to have won an Oscar, a Grammy, a Tony, & an Emmy, picking up the last of those for her performance as guest host on *The Muppet Show*.
- **Star of a network television show:** Desi Arnaz, 1952, *I Love Lucy*.
- **Broadcaster of the Year:** Geraldo Rivera, 1971.
- **Entertainer on the cover of TIME magazine:** Joan Baez, 1962.
- **Opera diva:** Lucrezia Bori, who debuted at the Metropolitan Opera in 1912.
- **Rock star:** Richie Valens, 1958.
- **Rock & Roll Hall of Fame inductee:** Carlos Santana, 1998.

Sports

- **Major league player:** Esteban Bellán, 1871, Troy Haymakers.
- **World Series player:** Adolfo "Dolf" Luque, 1919, relief pitcher for the Cincinnati Reds, against the infamous "Black Sox." (He later pitched for the New York Giants in the 1933 Series & was credited with the win in the final game.)
- **All-Star Game player:** Alfonso "Chico" Carrasquel, 1951, starting shortstop for the American League.
- **Rookie of the Year:** Luis Aparicio, 1956, shortstop, Chicago White Sox.

- **No-hitter:** Juan Marichal, June 15, 1963, for the San Francisco Giants, against the Houston Colt .45s.
- **Hall of Fame inductee:** Roberto Clemente, 1973. Also the 1st Hispanic player to serve on the Players Association Board & to reach 3,000 hits.
- **Team owner:** Arturo “Arte” Moreno bought the Anaheim Angels in 2003, becoming the 1st Hispanic owner of any major U.S. sports franchise. In 2005, he renamed the team the Los Angeles Angels of Anaheim.
- **Grand Slam championship winner:** Richard “Pancho” González, 1948.
- **Starting NFL quarterback:** Jim Plunkett, 1971.
- **Football Hall of Fame inductee:** Anthony Muñoz, 1998.
- **LPGA Hall of Fame inductee:** Nancy López, 1987. In 1978, she became the 1st player to have won the the Rookie of the Year Award, Player of the Year Award, & Vare Trophy in the same season.
- **Heavyweight boxing champ:** John Ruiz, 2001, defeating Evander Holyfield.
- **NHL 1st-round draft pick:** Scott Gomez, 1998.

Hispanic Heritage Trivia

http://www.educationworld.com/a_lesson/lesson/lesson023.shtml

- **Q:** Why should you think of Hispanic Heritage when you see the yellow veil of mustard blossoms on the roadside? **A:** Spanish soldiers & friars scattered the seeds...to mark a trail.
- **Q:** What event do Mexicans and Mexican-Americans celebrate on Sept. 16? **A:** September 16 is Mexican Independence Day.
- **Q:** What are sikus, quenenas, wankaras and charangos? **A:** Andean musical instruments.
- **Q:** What 3 U.S. states are home to most Hispanic-owned businesses? **A:** California, Texas & Florida.
- **Q:** Who is the city of Galveston, Texas named after? **A:** Marshall Bernardo de Galvez
- **Q:** What historic event is remembered in Puerto Rico on Sept. 23? **A:** El Grito de Lares.
- **Q:** What historic event is celebrated on May 5th (or Cinco de mayo)? **A:** On May 5, 1862, Mexican forces defeated the invading soldiers of France at the Battle Of Puebla.
- **Q:** What is one of the accepted roots of the word Mariachi? **A:** It is a variation of the French word mariage, meaning wedding or marriage; or that it comes from the name of the wood used to make the platform on which the performers danced to the music of the village musicians.

UPCOMING EVENTS!

2007 NAHC Powwow (OCT 20-21, 2007) Cesar E. Chavez Education Center, Oakland, CA
<http://www.cttp.net/>

22nd Annual California Indian Conference and Gathering (OCT 26-27, 2007) University of California, Davis, Davis, CA <http://nas.ucdavis.edu/NALC/cicg/>

13th Annual LATINO BEHAVIORAL HEALTH INSTITUTE Conference (OCT 2, 3, 4, 2007) Los Angeles Airport Marriott, Los Angeles CA <http://www.lbhi.org/>

Cultural Competence and Mental Health Summit XV (OCT 29-30, 2007) Town and Country Convention Center, San Diego, CA <http://www.cimh.org>



Operation Hero Miles: Donate Your Unused Airline Miles. Through a partnership with the [Fisher House Foundation](http://www.fisherhousefoundation.org) & individual airlines, airline tickets are available for service men & women wounded or injured in Iraq or Afghanistan or for their families to visit them in the hospital. <http://www.heromiles.org/donate.html>

Operation Uplink: Is a *Veterans of Foreign Wars of the United States* program that keeps military personnel and hospitalized veterans in touch with their families & loved ones by providing them with a free phone card. <http://www.operationuplink.org/>

USO: supporter of the troops providing morale & recreational services to the troops & their families. <http://www.uso.org/>
USO at Ontario: **Ontario International Airport:** 1940 East Moore Way, West Wing; Ontario, CA 91761. Phone: 909/390-4274 Fax 909/390-4380 Ron Dye, Director

USO Operation Phone Home: There is an URGENT need for phone cards. Please help deployed service members call home by donating to USO Operation Phone Home. Far from home & lonely, they are defending our flag & our freedom. The USO is working hard to bring home as close to them as possible. Please join us in USO Operation Phone Home, a campaign created to make it possible for Americans to extend this touch of home to the men & women of our armed forces. And we will continue this effort until every one comes home.

How to Donate to USO Operation Phone Home

- **Donate online** (<https://www.uso.org/donate/Default.aspx>) & choose the "donate to a specific program" option.
- **Via phone:** 1-800-901-1501
- **By Mail:** (with O.P.H. written in the memo), USO World Headquarters; PO Box 96860; Washington, DC 20090-6860

Operation USO Care Package: Sponsor a Care Package for the Troops. The United Service Organizations, Inc. (USO) is enlisting support of individuals around the world to support the troops through Operation USO Care Package. These packages are being delivered to members of the U.S. Armed Forces deployed around the world to show them they have not been forgotten & to provide a 'touch of home'.

With a donation of \$25 you can sponsor a care package and include a personal message of support & encouragement. These USO Care Packages at minimum, include requested items such as pre-paid worldwide phone cards, sunscreen, travel size toiletries, disposable camera & a message from the donor thanking them for their service & sacrifice. Corporations interested in becoming one of our National Sponsors or interested in conducting a corporate program, please contact us at questions@usocarepackage.org, or call 571-261-1485. <http://www.usocares.org/>

OPERATION HELMET: provides helmet upgrade kits [free of charge](http://www.operation-helmet.org/) to troops in Iraq & Afghanistan, as well as to those ordered to deploy in the near future. <http://www.operation-helmet.org/>

Operation Homelink: This non-profit provides free computers to parents or spouses of deployed military members to keep the communication flowing. <http://www.operationhomelink.org/>

Loma Linda VA Medical Center offers a variety of Resources & Services for our veterans.

<http://www.lom.med.va.gov/index.php?page=programs&path=veterans>

★ **Post Traumatic Stress Disorder (PTSD):** Established to treat those veterans who suffer from war-related illnesses such as flashbacks, nightmares, depression, isolation, rage, avoidance of feelings, survival guilt, anxiety reactions, & sleep disturbances. Composed of a psychiatrist, social worker & psychologist. Group therapy, individual therapy & after-care is provided. **Contact:** 909-825-7084 ext. 2005 or 2311

★ **Special Women's Trauma Recovery Program:** A significant number of women veterans have developed psychological symptoms of repeated memories, feeling detached, troubled sleep, or distress when talking about traumas experienced, as a result of traumatic experiences which have occurred or were aggravated by military service. These experiences could include sexual assault or rape, sexual harassment or life-threatening situations. **Contact:** Angie K. Tremmel, LCSW, 909-825-7084 ext. 2595